

**RHODES HIGH SCHOOL
Grade 12 – Term 2 2020**

Practical Portfolio Task 2

Name: _____ **Grade 12** _____

LO 3: Recreation and physical well-being

AS 1: Monitor and evaluate own progress in the achievement of personal fitness and health goals through regular participation in a programme.

AS 2: Evaluates and participates in various relaxation and recreational activities, sport and games with the view to make a choice about participation and long-term engagement in at least one activity

LO 1: Achieve and maintain personal well-being.

AS1: Apply a range of life-skills, evaluate own ability to prevent and manage stress, and adapt to change as part of an ongoing healthy lifestyle choice.

Task 2:

Physical activity and exercise fulfill many needs of an individual- it is not only our body that gets fit- our mind, our soul and our approach to life benefit from participation in exercise that suits our unique personality. Physical well-being helps us cope with the demands of life; it provides both a sense of well-being and physical satisfaction. This task requires you to explore the physical activity that you believe fulfills these needs in your life.

Activity 1 -this is a rough draft that must be evident in your portfolio.

1. Draw up a plan for a one month period when you participate in a recreational activity that caters for the whole you. **Your:**

- **Physical,**
- **emotional,**
- **mental,**
- **spiritual and**
- **Social needs**

(you may find that your activity is in fact solo- and can discuss how this is important to you. It does not necessarily have to be an activity that involves team work.)

Activity 2

You will be required to keep a journal of these activities which will be included in your portfolio. This will be assessed in your rubric.

Your journal must be in an A4 format and cover the following areas:

- Date of activity
- Activity
- Duration
- How you felt before behaving to participate
- How you felt after participation

See the example below;

date	activity	duration	Before	after
20/7/2009	Pilates	60 min	Not feel like going	relaxed

Use addendum A to complete your journal

Activity 3 Report

Write a report on your findings.

Your report must include the following:

- How you enjoyed the activity and how it has contributed to your well-being in terms of the areas stated above.

Physical, emotional, mental/ psychological, and social

- Specific reference to whether this physical exercise assists in coping with the stress of school demands- if so in what way?

ALSO

Review and evaluate your selection after four weeks and evaluate the following:

- which activities you would like to continue after school and
- what would the benefit be to continue this activity after school.

Descriptors	1	2	3	4
Accurate and complete journal	No evidence in journal	Partial evidence- a sense that learner has quickly made up the evidence.	Complete journal. Evidence of mind full record keeping.	N/A
5 marks	0	2-3	4-5	
The effects on your physical well- being.	No reference to physical well- being.	Vague reference to physical impact/ a sense of no real insight- perhaps made up in order to complete task. OR refers to issue- but not in relation to own activity at all- generic response.	A sound attempt to reflect on OWN experience- tends to use stock response/ perhaps fails, at times, to grapple with their own experience entirely to achieve a 4.	An insightful analysis of personal experience w.r.t their recreational activity of choice. Indicates self-reflection of physical impact on themselves .
10 marks	0	2-5	6-7	8-10
The impact on your mental/ emotional/ Psychological well-being.	No reference to emotional/ psychological impact.	Vague reference to emotional/psychological impact/ a sense of no real insight- perhaps made up in order to complete task. OR refers to issue- but not in relation to own activity at all- generic response.	A sound attempt to reflect on OWN experience- tends to use stock response/ perhaps fails, at times, to grapple with their own experience entirely to achieve a 4.	An insightful analysis of personal experience w.r.t their recreational activity of choice. Indicates self-reflection of emotional/ psychological impact on themselves .
10 marks	0	2-5	6-7	8-10
The benefits from the social/ solo aspects of the sport.	No reference to the social/ solo aspect of activity.	Vague reference to social/ solo aspect. A sense of no real insight- perhaps made up in order to complete task. OR refers to issue- but not in relation to own activity at all- generic response.	A sound attempt to reflect on OWN experience- tends to use stock response/ perhaps fails, at times, to grapple with their own experience entirely to achieve a 4.	An insightful analysis of personal experience w.r.t their recreational activity of choice. Indicates self-reflection of social/ solo impact on themselves .
10 marks	0	2-5	6-7	8-10
Rationale for continuing/ or not- after school	No discussion relating to continued participation in adult life.	Passing reference to continued participation. A sense of no real insight or rationale OR refers to issue- but not in relation to own activity at all- generic response.	Learner provides rationale which indicates understanding and insight into activity and their own participation / or not- in years to come. May tend to refer to general activities rather than specific choice.	Learner used all they have learned through this process to guide their rationale- specific reference to their own future and specific activity. Evident that learner has benefited from this assignment for future choices.
10 marks	0	2-5	6-7	8-10

Total: / 45

Educator comment:
