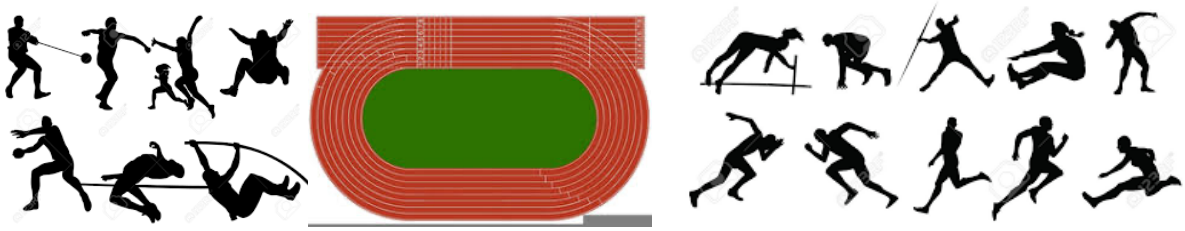
The Aga Khan Academy

Physical Health Education Department
September 2019.

Grade 9 Criterion A Task: Athletics Unit



Task Description:

You have been appointed as an Aga Khan Academy, Track and Field coach. Your duty/role is to offer **6 coaching sessions** to one student that will help improve their skills and technique in one of the following events: **Sprinting (100m/200m), javelin, long jump or High Jump**. You will need to get some background information about your client (friend) to help you plan an appropriate training programme using the Background Information Template given. You also need to analyse your client's needs so as to be able to understand their working habits. You are to state their **strengths and weaknesses** and the **areas of improvement,** and which should help both of you in formulating a **Health and Physical goal.**

Criterion A : Task Checklist: 2 Pages Max.	
1.	Subtitles: ➢ ***Background information*** based on interviews with client and other sources: ❖ Age; Current level of health; Current levels of fitness; Why they chose the event, What kind of exercise they enjoy.
2.	***Strengths*** of your client through analysis of a pretest and interviews. Give detailed account including reasons or causes and give valid reasons or evidence to support an answer or conclusion. .(Criterion Ai)
3.	***Weaknesses*** of your client through an analysis of a pre test and interviews . Give a detailed account including reasons or causes and give valid reasons or evidence to support an answer or conclusion. (Criterion Ai)
4.	**Areas for improvement** through analysis of pre test and detailed account including reasons or causes and give valid reasons or evidence to support an answer or conclusion.(Criterion Aii)
5.	Use of appropriate terminology consistently and effectively. (Criterion Aiii)

The Aga Khan Academy

Physical Health Education Department

September 2019.

6.	Mention of your client's goals: Physical and Health.

Criterion A Objectives

7 - 8	The student: i. Explains physical and health education factual, procedural and conceptual knowledge ii. **Applies** physical and health education knowledge to **analyse** complex issues and to **solve complex** problems set in **familiar and unfamiliar situations**. iii. **Applies** physical and health terminology **consistently and effectively** to communicate understanding.

COMMAND TERMS

Distinguish analysis, synthesis and evaluation – Command Terms	Definition
Analyse	Break down in order to bring out the essential elements or structure. (To identify parts and relationships, and to interpret information to reach conclusions)
Evaluate	Make an appraisal by weighing up the strengths and limitations
Synthesize	Combine different ideas in order to create new understanding.







