

COMMUNITY SPORT and RECREATION

- Level 2

Common Assessment Task

Work Requirements:

Benefits of Community Sport and Recreation: Graphic Presentation

Assessment Type:

Infographic

Criteria being assessed:

- Criterion 1 - elements 1 and 5

Suggested conditions:

- Learners may need to be familiar with suitable software prior to undertaking this task.
- This task should take learners 2 hours.
- All information is to be submitted in a single digital file.
- This task requires an individual response by each learner.

Task Description:

This task helps to explore the benefits of Community Sport and Recreation.

- You will research physical literacy and its connections to health and wellbeing.
- You will examine skill development in the four physical literacy domains - physical, psychological, social and cognitive.
- You will reflect on the impacts of each domain and identify some examples.
- You will create an infographic to share your information as a digital product.
- You will have 2 hours of class time to research and complete your work.

What you need to do:

Physical literacy is about building the skills, knowledge and behaviours that give us the confidence and motivation to lead active lives (Australian Sports Commission 2019).

- Create a one-sided A4 or A3 sheet / 2 slide infographic showing the benefits of community sport and recreation.
- Being physically literate can provide many benefits to an individual's health and wellbeing.
Outline these benefits using specific examples from community sport and recreation activities.

- Your infographic must describe the four physical literacy domains - physical, psychological, social, and cognitive, and explain:
 - » how skills from each of these four areas can assist an individual build physically literacy
 - » the benefits each domain provides for individuals and communities - using supporting examples

To help create your infographic, use supporting information from websites such as:

- https://www.sportaus.gov.au/physical_literacy

Links to free infographics software:

- <https://www.canva.com/>
- <https://www.smartdraw.com/>
- <https://www.picmonkey.com/>
- <https://snappa.com/>
- <https://marketsplash.com/infographic-maker-software/>

Teacher use only - What needs to be submitted for assessment?

- Learners must complete the task in a single product, clearly identifying each domain.
- All material is to be submitted in a single digital file.