

# Assignment 1: Physical Health Plan

## Introduction

Unit 1 is all about physical health, covering topics such as food, exercise, and sleep. For this assignment, create a short presentation to talk about your personal health plan. You will follow this plan for at least two weeks. In your final summative project, you will report your results.

### Part 1: Exercise (~1 min)

State your goal for exercising (e.g., for energy, for strength, for health, etc.). Then show us your plan. You should have at least 3 exercises. Explain what type of exercise each one is, the benefits, and why you chose it. Also tell us how long each exercise session will take, and how often you will do it.

### Part 2: Sleep (~1 min)

Explain how you will improve your sleep. You should have at least three different ways. Be specific in how you will do it in YOUR life. For example, don't just say "have an evening routine". Actually explain what you will do in YOUR evening routine.

### Part 3: Food (~1 min)

Talk about what you used to eat before coming to this course, and then talk about your new diet plan. Your diet plan should:

- Explain what you plan to eat in a typical week and why.
- Give an example of your menu for one day.

## Presentation Format

You can make a PPT or a poster. Canva is a great resource: <https://www.canva.com/>

You can have 1 to 2 slides for each part.

The time should be 3 to 4 minutes.

After your presentation, you may need to answer questions from your classmates or the teacher.

## Overall Expectations:

1. Describe factors that affect personal health and well-being;
2. Demonstrate an understanding of and apply sound nutritional practices, as described in Canada's Food Guide;
3. Develop and use a variety of age-appropriate recreational activities to promote safe and healthy play for children and adolescents.

## Learning Goals:

1. Develop a personal health plan that promotes healthier lifestyle choices and habits;
2. Identify factors that affect the personal health and well-being of children and adolescents;
3. Demonstrate an understanding of the nutritional needs of children and adolescents and describe the health effects of poor nutrition;
4. Describe the benefits of different types of exercise and/or sports, and explain how a regular fitness or sports program can promote good health;
5. Explain how lifestyle choices can have an impact on an individual's health and well-being.

## Grading/Success Criteria:

<b>Knowledge &amp; Understanding (25%)</b>	The student uses knowledge from class in his/her plan.
<b>Thinking (25%)</b>	The student explains the choices he/she made in the plan.
<b>Communication (25%)</b>	The presentation visuals are appealing. The presentation is professional and well practiced.
<b>Application (25%)</b>	The student gives a good reflection on the guest speaker. The student completed the homework in the unit properly.

## Lateness

Late assignments will lose 5% per day, up to a maximum of 20%.

## Rubric

Category	Level 1 50-59%	Level 2 60-69%	Level 3 70-79%	Level 4 80-100%
<b>Knowledge/Understanding</b>				
<i>The student:</i>				
The student uses knowledge from class in his/her plan.	Demonstrates <b>limited</b> knowledge of class content.	Demonstrates <b>some</b> knowledge of class content.	Demonstrates <b>considerable</b> knowledge of class content.	Demonstrates a <b>high degree of</b> knowledge of class content.
<b>Thinking/Inquiry</b>				
<i>The student:</i>				
The student explains the choices he/she made in the plan.	Explains choices with <b>limited</b> reasoning.	Explains choices with <b>some</b> reasoning.	Explains choices with <b>considerable</b> reasoning.	Explains choices with <b>excellent</b> reasoning.
<b>Communication</b>				
<i>The student:</i>				
The presentation visuals are appealing.	The presentation visuals are messy.	The presentation visuals are hard to look at.	The presentation visuals are appealing.	The presentation visuals are very appealing.
The presentation is professional and well-practiced.	The presentation looks sloppy and not practiced.	The presentation looks sloppy but is practiced.	The presentation looks professional and is well-practiced.	The presentation is very professional and well-practiced.
<b>Application</b>				
<i>The student:</i>				
The student gives a good reflection on the guest speaker.	Reflected on guest speaker with <b>limited</b> thoughtfulness.	Reflected on guest speaker with <b>some</b> thoughtfulness.	Reflected on guest speaker with <b>considerable</b> thoughtfulness.	Reflected on guest speaker with a <b>high degree of</b> thoughtfulness.
The student completed the homework in the unit properly.	Did not do the homework.	Did some of the homework.	Did most of the homework.	Did all of the homework properly.