**Stage 1 Health and Wellbeing**

AT 1 – Practical Action – Personal Wellness Goal (20%)

**Draft Due:**

**Due Date:**

 TASK:

To participate in, analyse and evaluate, a health-promoting and wellbeing activity beyond the classroom that can be promoted to improve the health of individuals and communities.

**Description of assessment**

This practical activity gives you the opportunity to work towards achieving a health-promoting goal. The activity requires you to:

* identify a personal goal to improve an aspect of your personal health and well-being
* explain how the goal you have set for yourself helps achieve well-being for you and/or others
* considering existing strategies and/ or potential new initiatives to develop action
* plan what you intend to do and how you intend to achieve this.
* Comment on the processes and outcomes involved (observations, interactions) and the strategies put in place to achieve this goal
* Reflect on how successful you have been and how you can assess this (e.g. what worked well? What was not as successful? What would you do differently next time? What you have learnt?).
* Comment on how sustainable this activity is, and on the long term impact of setting this goal.

# POTENTIAL TOPICS:

* Yoga (teacher directed once a week, with optional excursion to a yoga studio)
* Class nature walks (e.g. jetty-jetty once a week)
* Your own physical activity (e.g. pre-season training program, daily walking routine, injury rehab program, Pilates in Yr11 Girls PE, mindfulness, Random Acts of Kindness etc.)
* Drinking 2L water every day to enhance skin, exercise regime/program for toning, practicing mindfulness/meditation for relaxation, improving quality of sleep etc.
* Limiting screen time

**Assessment conditions**

Evidence of your participation, i.e. observations, interactions, and reflection, may be presented in written (maximum 1000 words), oral (maximum of 6 minutes) or equivalent in multimodal form.

**Assessment Design Criteria**

**Application – AP 1-** Application of health and wellbeing concepts to contemporary issues.

**AP2 -** Action to improve health and wellbeing outcomes, individually and/or collaboratively.

**Reflective Practice – RP2-** Evaluation of personal and social action through reflective practice.