

NZQA Approved

Internal Assessment Resource

English Level 1

This resource supports assessment against Achievement Standard 90053 version 5

Standard title: Produce formal writing

**Credits:** 3

Resource title: Fitness and nutrition

**Resource reference:** English 1.5C

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| This resource:* Clarifies the requirements of the standard
* Supports good assessment practice
* Should be subjected to the school’s usual assessment quality assurance process
* Should be modified to make the context relevant to students in their school environment and ensure that submitted evidence is authentic
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| Date version published by Ministry of Education | February 2015To support internal assessment from 2015 |
| Quality assurance status | These materials have been quality assured by NZQA. NZQA Approved number A-A-02-2015-90053-01-9008 |
| Authenticity of evidence | Teachers must manage authenticity for any assessment from a public source, because students may have access to the assessment schedule or student exemplar material.Using this assessment resource without modification may mean that students’ work is not authentic. The teacher may need to change figures, measurements or data sources or set a different context or topic to be investigated or a different text to read or perform. |

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Teacher guidelines

The following guidelines are supplied to enable teachers to carry out valid and consistent assessment using this internal assessment resource.

Teachers need to be very familiar with the outcome being assessed by the achievement standard. The achievement criteria and the explanatory notes contain information, definitions, and requirements that are crucial when interpreting the standard and assessing students against it.

Context/setting

This activity requires students to effectively develop and structure their ideas in an article about fitness training and nutrition for a specific sport. They will need to use formal language with control to command the attention of their audience.

Conditions

Students must select the topic or focus of the article themselves and develop and write their own content.

Teachers should schedule regular checkpoints to ensure authenticity of each student’s work.

Resource requirements

Access to appropriate interviewees, recording equipment, the internet, a library and information technologies is required.

Additional information

Other possible formats include a report, an editorial, or a newspaper column.

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Student instructions

Introduction

This assessment activity requires you to develop and structure your ideas in an article about fitness training and nutrition for a specific sport. You will need to use appropriate formal written language.

You are going to be assessed on how effectively you develop and structure your ideas in a written article of at least 350 words that will appear on a fitness website. You will use formal language features appropriately and with control so that your article commands the attention of your reader.

The following instructions provide you with a way to structure your work to demonstrate what you have learnt and allow you to achieve success in this standard.

Teacher note: It is expected that the teacher will read the student instructions and modify them if necessary to suit their students.

Task

Part 1: Prepare to write your article

Select a type of fitness training, taking account of nutrition needs, for a sport that you play or that you are interested in.

Research the possible benefits of your chosen fitness training and nutrition plan in sufficient depth so that you can provide effective support for your article. Sources for information could include libraries, interviews, and the internet.

Write a draft of your article and check it carefully. If necessary, re-work it to ensure that your article is appropriately and effectively developed and structured for your audience – people who are interested in sport. This means that your article:

* contains appropriate vocabulary and syntax
* avoids errors of spelling, punctuation and grammar.

Part 2: Write the final version of your article

Consider the following information for editing and proofreading.

Editing means that you read your work and make improvements to the ideas and the language features of the piece. For example you might:

* strengthen your opening to command attention
* improve the flow of your sentences
* vary the way your sentences start
* vary the length of your sentences
* improve the link between your ideas
* consider the effect of your language choices in developing your ideas
* use a wide range of vocabulary and language features such as the precise use of terminology, for example, hydrated, nutrients, electrolytes
* consider the effect of your language and sentence choices in creating a distinctive personal voice.

Proofreading means that you should check your work carefully for errors. Watch out for:

* missing or incorrect punctuation
* missing or misused capital letters
* incomplete or incorrect sentences
* incorrect paragraphing
* incorrect spelling
* mixed up verb tenses.

Write the final version of your article. Check that your article:

* is formal in tone
* is well-organised with a compelling conclusion
* uses appropriate evidence to develop your ideas about the benefits of the fitness training and nutrition plan for your chosen sport
* is at least 350 words in length.

Resource/s

Some interesting links to explore:

<http://www.youtube.com/watch?v=kbr_9zV5bjY>

Smooth Criminal

<http://www.youtube.com/watch?v=XDCV-BH2Pbs>

Cronulla Sharks

<http://www.youtube.com/watch?v=lSrf9P9DwvQ>

Indigenous league 16’s

<http://www.youtube.com/watch?v=Jo3rRlcNLdg&NR=1&feature=endscreen>

Homeless youth in Australia

<http://www.youtube.com/watch?v=KkyE_SrFvt0>

Liberating Human Movement – animal sounds and moves

<http://www.youtube.com/watch?v=boRe82OwxU4>

Crossfit – snatch

<http://www.youtube.com/watch?v=xjPXJ3vHUvY>

Crossfit

<http://www.youtube.com/watch?v=fihqC3wC9KA>

Crossfit

<http://www.youtube.com/watch?v=9nFGX3XDVTI>

Urban Workout

<http://www.youtube.com/watch?v=2KWVgd2ucrs>

Foods that build muscle

Assessment schedule: English 90053 – Fitness and nutrition

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| Evidence/Judgements for Achievement  | Evidence/Judgements for Achievement with Merit | Evidence/Judgements for Achievement with Excellence |
| The student presents a formal written article of at least 350 words, that develops and structures ideas about fitness and nutrition using language features appropriate to audience and purpose by:* introducing the topic and developing relevant ideas such as facts, information, opinions, observations, arguments
* building on an idea by adding details or examples, such as quotations, information, personal viewpoint, observation
* linking and organising ideas to other ideas and details, and working towards a coherent planned whole
* using language features appropriate to audience, purpose and selected text type, such as vocabulary selection, syntax, stylistic features, and written text conventions (including spelling, punctuation, and grammar)
* using written text conventions without intrusive error patterns, such as a pattern of errors in syntax (e.g. sentence fragments, where structures are not used intentionally; and ‘run on’ syntax) or a pattern of other significant errors (e.g. mixed tense sequences, missing or misused capital letters, spelling errors)

For example:The student develops and structures ideas about the benefits of a particular type of fitness training and associated nutrition plan for a chosen sport, outlining the steps towards improved fitness levels. One paragraph might be about the necessity of ensuring a regular fitness regime and nutrition plan to achieve optimum results in a chosen field. There should be at least one more paragraph, along with an appropriate introduction and conclusion. There is evidence of appropriate use of language features. The work contains no intrusive error patterns.The examples above are indicative samples only. | The student presents a formal written article of at least 350 words, that develops and structures ideas about fitness and nutrition convincingly using language features appropriate to audience and purpose with control by:* introducing the topic and developing relevant ideas such as facts, information, opinions, observations, arguments
* structuring and building on the ideas so they are generally credible and connected
* selecting and linking language features as appropriate to the intended audience and purpose for the selected text type
* using written text conventions accurately so that the writing contains only minor errors

For example:The student convincingly develops and structures ideas about the benefits of a particular type of fitness training and associated nutrition plan for a chosen sport by discussing and connecting detailed ideas to create a credible article which provides, for example, specific details and evidence for improved fitness and skill base for a chosen sport. One paragraph might be about the necessity of ensuring that form is correct when implementing a particular type of fitness training for a chosen sport. Reasons for this could be explored and linked to the chosen sport. Another paragraph might provide convincing reasons for implementing a specific nutritional programme. Reasons for this could be explored and linked to the chosen sport. There should be at least one more paragraph, along with an appropriate introduction and conclusion.There is evidence of appropriate selection and linking of language features. The work contains only minor errors.The examples above are indicative samples only. | The student presents a formal written article of at least 350 words, that develops and structures ideas about fitness and nutrition effectively using language features appropriate to audience and purpose to command attention by:* introducing the topic and developing relevant ideas such as facts, information, opinions, observations, arguments
* structuring and building on the ideas so they are compelling and well-organised
* selecting, linking and sustaining language features in an original manner, or in a distinctive personal voice, dimension or viewpoint as appropriate to their audience and purpose for the selected text type
* using written text conventions accurately so that the writing contains only minor errors

For example:The student effectively develops and structures detailed ideas about the benefits of a particular type of fitness training and associated nutrition plan for a chosen sport by producing a well organised article that provides compelling ideas and evidence that supports the student’s recommendations. One paragraph might be about the significant differences in the type of fitness training and nutrition programme selected for the chosen sport, in terms of how well it prepares the athlete in comparison to traditional types of training, spot training/cross training or alternative/innovative types of training. Another paragraph might provide perceptive ideas about the benefits of training with a holistic – mind, body and soul approach. There should be at least one more paragraph, along with an appropriate introduction and conclusion. There is evidence of original and sustained use of language features. The work contains only minor errors.The examples above are indicative samples only. |

Final grades will be decided using professional judgement based on a holistic examination of the evidence provided against the criteria in the Achievement Standard.