

Year 10 PDHPE Assessment Task – Unit Two: Understanding Addiction

5.2 A student evaluates their capacity to reflect on and respond positively to challenges.

5.11 adapts and evaluates communication skills and strategies to justify opinions, ideas and feelings in increasingly complex situations

5.12 adapts and applies decision making processes and justifies their choices in increasingly demanding contexts

5.15 devises, justifies and implements plans that reflect a capacity to prioritise, think creatively and use resources effectively

5.16 predicts potential problems and develops, justifies and evaluates solutions

Due Date: Thursday 7th June, 2018

Addiction is a difficult thing for people to overcome. To help understand a little more of what it might be like to try and deal with an addiction, you will be required to give something up for a two week period of time. This could be technology like gaming, TV or social media or pursuing your hobby like fantasy football or it could be food substances like sugar or caffeine. You need to choose something that you know you use regularly and will feel the loss of.

Purpose: To understand how people who are struggling to give up addiction feel.

Method: Choose something that plays a big part in your life at the moment. You must resolve to give that up for a period of two weeks and record your results in a daily reflection. Your daily reflection can be in written form or as video diaries to be completed at the end of each day.

Regarding video diaries: you are only allowed to choose the video option if you are absolutely confident in the technology and your ability to submit your video diary entries to me on a USB at the conclusion of the two week period. If you are in any doubt about how you are going to submit your video diaries so that I can view them in a manner and at a time convenient to me, you are NOT to undertake a video diary. **No allowances will be made for problems with technology at the conclusion of this task.**

Reflection:

Firstly, you will complete the “Before You Begin” sheet.

Secondly, you will be required to keep a daily diary to reflect on the following questions:

1. How successful were you today at refraining from the temptation to use, take part in or eat/drink what you are giving up?
2. When you were successful today, what things made it easier to resist the temptation? Consider the influence of the environment you were in (where you were, who you were with etc.)
3. If you failed, what things contributed to you giving in to the temptation? Consider the influence of environment you were in at the time (Where you were, who you were with etc.) that may have made it harder to refrain from temptation.
4. How does your success or failure make you feel?
5. What can you do or put in place to help you be more successful tomorrow? Are there people you can ask for help to support you?

Lastly, you will complete a follow-up reflection on the process.

Results: You will be required to present your daily reflections as a diary on Thursday 7th June which is when you will complete the follow-up reflection.

You will also give a **brief two minute reflection on your experience to the class** and be prepared to answer one or two questions about your experiences.

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Name: _____

Due Date: Thurs 7th June **Your Submission Date:** _____ **Marks lost:** _____

Reflection Sheets – Before and After Undertaking the Experiment

BEFORE: Completed to an extremely high standard	BEFORE: Completed thoroughly and well	BEFORE: Completed satisfactorily	BEFORE: Limited completion of work	BEFORE: Little to no work completed	BEFORE: Non-attempt, non-serious attempt
AFTER: Completed to an extremely high standard	AFTER: Completed thoroughly and well	AFTER: Completed satisfactorily	AFTER: Limited completion of work	AFTER: Little to no work completed	AFTER: Non-attempt, non-serious attempt

Two Weeks Of Daily Diary Entries

Completed to an extremely high standard	Completed thoroughly and well	Completed satisfactorily	Limited completion of work	Little to no work completed	Non-attempt, non-serious attempt
Answers are lengthy and detailed	Answers are very detailed	Answers provide sufficient detail	Answers provide limited detail	Little to no detail is provided in the answers to questions	
Experiment taken extremely seriously	Experiment taken very seriously	Experiment taken seriously	Experiment not taken as seriously as it should be	Experiment not taken particularly seriously	

Two Minute Presentation to Class

Completed to an extremely high standard	Completed thoroughly and well	Completed satisfactorily	Limited completion of work	Little to no work completed	Non-attempt, non-serious attempt
Engages extremely well with class in presenting findings	Engages well with class in presenting findings	Engages with class in presenting findings	Engages minimally with class	Does not manage to engage with class	

Comments: