

## Performance Assessment Task

### Alien Invasion

Invaders from **Suriv** are planning to invade the human adolescents of Planet Earth. You have been chosen as a candidate for invasion. You are required to submit a report to **Noitirtun**, the Magnificent Leader of **Suriv** (a.k.a. your teacher). The report is an analysis of your personal health choices as compared to the standards of health. If your analysis shows evidence of a healthy lifestyle, your body will not be suitable for invasion by **Suriv**. However, if your analysis shows a need for improvement, your body may be invaded in one month. In order to prevent the invasion, you will need to identify areas that require improvement and set goals for change.

#### RECORD DATA

You will be required to record your personal health data in a logbook for one week.

The data should include the following information:

- Types and amounts of food intake
  - Grain Products .....number of servings
  - Milk Products .....number of servings
  - Fruits and Vegetables .....number of servings
  - Meats and Alternatives .....number of servings
  - Junk Food .....number of servings
- Activity
  - Type of Activity.....duration of activity
- Sleep
  - Duration of Sleep

Record the weekly total for each category and compare the results to the standards of health.

#### GRAPH COMPARISON

Use a computer graphing program and create a graph showing standards of health data compared to your own personal data.

#### WRITTEN REPORT

- Compare your personal health choices to the health standards.
- Set goals for improvements and describe how these goals will be accomplished.

## Rubric: Alien Invasion

Student \_\_\_\_\_

| Level \ Criteria                                       | Excellent                                                                                                                                          | Proficient                                                                                                                           | Adequate                                                                                                                                  | Limited *                                                                                                                                  | Insufficient /Blank *                                                                                                               |
|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>Compare choices to standards</b><br>(W-7.1, P2.3.3) | Provides an <b>effective</b> comparison of personal health data to standards.                                                                      | Provides an <b>organized</b> comparison of personal health data to standards.                                                        | Provides a <b>generally logical</b> comparison of personal health data to standards.                                                      | Provides a <b>sketchy</b> comparison of personal health data to standards.                                                                 | No score is awarded because there is insufficient evidence of student performance based on the requirements of the assessment task. |
| <b>Analyse data</b><br>(W-7.1)                         | Analysis reveals a <b>thorough</b> and <b>accurate</b> understanding of the standards of health.                                                   | Analysis reveals a <b>clear</b> and <b>mostly correct</b> understanding of the standards of health.                                  | Analysis reveals a <b>superficial</b> understanding of the standards of health.                                                           | Analysis is only <b>minimally supported</b> by the data.                                                                                   |                                                                                                                                     |
| <b>Set goals for improvement</b><br>(W-7.1)            | Goals established show a <b>significant</b> relationship to the data portrayed.<br><br>Provides an <b>insightful</b> strategy for achieving goals. | Goals established are <b>logically</b> related to the data portrayed.<br><br>Provides a <b>logical</b> strategy for achieving goals. | Goals established are <b>partially supported</b> by the data portrayed.<br><br>Provides a <b>reasonable</b> strategy for achieving goals. | Goals established are <b>minimally supported</b> by the data portrayed.<br><br>Provides a <b>superficial</b> strategy for achieving goals. |                                                                                                                                     |

\* When work is judged to be limited or insufficient, the teacher makes decisions about appropriate intervention to help the student improve.