

| Assessable elements<br>Task-specific<br>assessable elements  | Task-specific descriptors   |  |   |   |   |
|--|---|--|---|---|---|
|  | A   | B  | C   | D   | E   |
| <b>Knowledge and understanding</b><br><b>Planning</b><br><b>Understanding of active and healthy lifestyle behaviours and actions</b> | Perceptive explanation of own active and healthy lifestyle plan, that includes: <ul style="list-style-type: none"> <li>a comprehensive range of appropriate physical activity, food and rest behaviours</li> <li>well-justified reasoning that links to the health of own body, feelings and mind.</li> </ul> | Informed explanation of own active and healthy lifestyle plan, that includes: <ul style="list-style-type: none"> <li>a range of appropriate physical activity, food and rest behaviours</li> <li>justified reasoning that links to the health of own body, feelings and mind.</li> </ul> | Sound explanation of own active and healthy lifestyle plan, that includes: <ul style="list-style-type: none"> <li>appropriate physical activity, food and rest behaviours</li> <li>credible reasoning that links to the health of own body and mind and/or feelings.</li> </ul> | Superficial explanation of an active and/or healthy lifestyle plan, that includes: <ul style="list-style-type: none"> <li>some appropriate behaviours related to physical activity and/or food and/or rest</li> <li>some reasoning that links to the health of the body and/or mind and/or feelings or general health.</li> </ul> | Cursorsory explanation of an active and/or healthy lifestyle plan, that includes: <ul style="list-style-type: none"> <li>one or more appropriate behaviours related to physical activity and/or food and/or rest behaviours</li> <li>minimal reasoning that links to health.</li> </ul> |

Feedback .....

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