**DRAFT PERFORMANCE BANDS**

**PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION**

*The typical performance in this band:*

| Band 6 | demonstrates extensive knowledge and understanding of the range of concepts related to health and physical performance  
|        | comprehensively applies theoretical principles to design and evaluate specific strategies for improving health, participation and performance  
|        | demonstrates a superior understanding of the interrelated roles and responsibilities of individuals, groups and governments in the management and promotion of health  
|        | critically analyses movement and the range of factors that affect physical performance and participation  
|        | provides relevant and accurate examples to justify complex arguments about health, participation and performance |

| Band 5 | clearly expresses ideas that demonstrate a thorough understanding of health and physical performance concepts  
|        | identifies strategies for improving health, participation and performance and discusses the links between individual health behaviour, social issues and community health status  
|        | demonstrates a detailed understanding of the interrelated roles of individuals, groups and governments in the management and promotion of health  
|        | demonstrates an understanding of the interrelationships between the various factors that impact on physical performance  
|        | supports particular arguments thoroughly by using relevant examples and current information on health, participation and performance |

| Band 4 | demonstrates a clear understanding of the broad concepts that relate to personal health and physical performance  
|        | relates strategies for managing the major causes of sickness and death to the contributing risk factors  
|        | demonstrates a sound understanding of the roles of individuals, groups and governments in promoting health  
|        | describes a range of factors that affect the quality of physical performance  
|        | communicates information in a clear and logical way providing some examples about health, participation and performance |

| Band 3 | uses basic definitions and facts when explaining health and physical performance concepts  
|        | identifies the major causes of sickness and death and understands that a healthy lifestyle is a desirable goal  
|        | demonstrates an understanding of the need for government and community action in relation to promoting health  
|        | identifies some relevant factors which influence physical performance  
|        | provides basic support for the arguments presented on health, participation and performance |

| Band 2 | recalls some simple facts and writes brief descriptions  
|        | demonstrates an understanding of elementary terms and recognises simple cause and effect relationships as they apply to health and movement  
|        | outlines some factors affecting health and identifies relevant illness prevention measures  
|        | demonstrates an understanding of general movement principles  
|        | provides limited support for the arguments presented on health, participation and performance |

| Band 1 |