

Public Services - Key Stage 4 Grade Descriptors

	Assessment Foci 1 -	AF2 -	AF3 -	AF4 -
Grade A	<p>D1 evaluate the short- and long-term effects of regular exercise on body systems associated with health</p> <p>D2 evaluate the effect of a personal food and lifestyle diary suggesting areas for Improvement</p> <p>D3 create an action plan for further improvement in health.</p>	<p>D1 evaluate benefits associated with outdoor adventurous activities</p> <p>D2 evaluate own and team performance and provide recommendations.</p>	<p>D1 evaluate the importance of public service skills in a specified public service</p> <p>D2 evaluate the effective use of interpersonal communication skills in a given public service.</p>	<p>D1 evaluate your sport or recreational activity.</p>
Grade B	<p>M1 explain the impact of regular exercise on body systems associated with health</p> <p>M2 review the effect of basic nutrition and lifestyle factors on fitness taking account of your personal food and fitness diary</p> <p>M3 demonstrate improvements in performance in a fitness test used by a uniformed public service</p> <p>M4 participate in a personal health improvement programme</p>	<p>M1 analyse different organisations and projects that provide adventurous activities</p> <p>M2 explain factors, especially safety factors, relating to adventurous activities</p> <p>M3 explain responsibilities of participants during adventurous activities</p> <p>M4 analyse team performance from the outdoor activities</p> <p>M5 explain public service projects that use adventurous activities.</p>	<p>M1 explain the importance of public service skills in at least two contrasting public Services</p> <p>M2 demonstrate effective instruction skills</p> <p>M3 explain the application of interpersonal communication skills in a given public service.</p>	<p>M1 lead a sport or recreational activity</p> <p>M2 review your part in the participation of sport and recreational activities in different venues.</p>
Grade C	<p>P1 define key terms associated with a healthy lifestyle</p> <p>P2 describe the effects of exercise on the body systems associated with health</p> <p>P3 outline the benefits of Exercise</p> <p>P4 keep a personal food and lifestyle diary</p> <p>P5 describe the effect of basic nutrition and lifestyle factors on fitness</p> <p>P6 identify components of and testing methods for fitness</p> <p>P7 perform fitness tests used by the uniformed public services</p> <p>P8 plan a personal health improvement programme</p>	<p>P1 describe the different types of adventurous activities</p> <p>P2 describe factors relating to adventurous activities</p> <p>P3 participate in outdoor adventurous activities</p> <p>P4 review the outdoor adventurous activities undertaken</p> <p>P5 review the involvement of public services in adventurous activities.</p>	<p>P1 describe public service skills</p> <p>P2 outline the purpose and importance of public service skills using examples from at least two contrasting public services</p> <p>P3 contribute to different teambuilding activities</p> <p>P4 explain the qualities of a good instructor and how they are used</p> <p>P5 report on the effectiveness of various methods of interpersonal communication</p> <p>P6 use correct terminology in a given Public Service communication context</p> <p>P7 use interpersonal skills to communicate with personnel in Public Service situations.</p>	<p>P1 identify different sports and recreation activities used by the public services</p> <p>P2 describe the importance of sports and recreational activities to the public services</p> <p>P3 explain the safety issues when organising sport or recreational activities</p> <p>P4 identify the responsibilities of the different people involved in sports and recreational activities</p> <p>P5 plan a sport or recreation activity</p> <p>P6 participate regularly in sport and recreation activities in different venues</p> <p>P7 report on the personal benefits of regular participation in sport and recreational activities.</p>