**Year 8 Importance of Hydration Enquiry Homework**

Handing in date: Week commencing 5th Oct 2015

**Success criteria**

* All pupils will explain the importance of hydration.
* Most pupils should explain the sources and functions of water and explain the importance of hydration
* Some pupils could explain the sources and functions of water, discuss the importance of hydration and apply the principles to their own diet.

The final presentation of this work could be as a written report, a poster or leaflet. Any work done using ICT eg a powerpoint will need to either be emailed to Mrs Mather with your name and a title or printed out before it is handed in.

Getting started:

Have a look at the Hydration powerpoint on [www.keswickfood.weebly.com](http://www.keswickfood.weebly.com) > Year 8 Homework

The assessment level ladder research and evaluation shown below will be used to assess this work:

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| --- | --- | --- |
| **KS level** | 🗸🡪 ? | **Assessment criteria** |
| **8** |  | Evaluate a range of opposing opinions and draw a balanced and evidenced conclusions  Discuss the hydration in a complex manner linking to a changing world  Analyse importance of hydration using a range of complex technical concepts |
| **7** |  | Evidence a range of opinions convincingly and link them to those who hold them  Relate the importance of hydration globally  Apply a wide range of technical terms and concepts to those hydrations |
| **6** |  | Explain a range of opinions on importance of hydration with reasons and support explaining with examples.  Draw my own conclusions about hydration from research done.  Relate the importance of hydration on a national level  Apply a variety of technical vocabulary correctly |
| **5** |  | Explain a range of opinions on importance of hydration  Relate the importance hydration to others' lives in the community eg fell runners  Use technical terms in exploring hydration |
| **4** |  | Explain my opinion and **mention others' opinions** on importance of hydration  Relate hydration to my life **and family**  Explain some technical terms and concepts |
| **3** |  | Give my opinion on the importance of hydration  Link hydration to my life  Use some technical words |

Good work 🗸 Needs improving 🡪 Not attempted ?

Top of band + Secure in the band = Just into the band-

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|  | KS level | AtL |
| Self/peer assessment |  |  |
| Teacher assessment |  |  |