**USING A LOTUS DIAGRAM TO PLAN YOUR CORNERSTONE PIECE**

* **The first thing you need to do is view the tutorial on the Year 8 Collaborative Unit page of Moodle, that sets out specifically how you might use this graphic organiser to plan your approach to the cornerstone piece.**
* **Now attempt to fill in the empty boxes so that you have a record of your thinking in relation to your action plan for approaching and completing your Cornerstone Piece. Use the example on Page 3 as a guide and complete your planning on the template provided on Page 2.**
* **In time you may wish to alter or amend some of these specific plans as their appropriateness becomes clearer as the task evolves.**
* **Your graphic organiser ‘action plan’ should be saved in the learning journal, within your digital portfolio located on your personal ‘Ultranet’ page.**

**LOTUS DIAGRAMS – A GRAPHIC ORGANISER**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Role** | **Routine** | **Work/Life** | **Survey results** | **Athlete guidelines** |  | **Demonstration** | **Video** | **P.Point** |
| **Goal** | **WHAT?** |  | **Athlete exercise program** | **What do I have?** |  | **Program** | **FORMAT** |  |
|  |  |  |  | **Info ICT** |  | **Diet planning** |  |  |
| **Research** | **Contacts?** |  |  |  |  | **Comparison** |  |  |
| **Primary Information** | **WHERE?** |  |  | **Cornerstone Assessment** |  | **Programs** | **HOW** |  |
| **Primary Information** |  |  |  |  |  | **Individual** |  |  |
| **Survey** |  |  | **Comparison** | **Work Life** | **Recovery** | **Implications** |  |  |
| **Questions** | **HOW?** |  | **Diet** | **How do I?** |  | **Diet** | **Future?** |  |
| **Time** |  |  | **Exercise routine** | **Exercise technique** |  | **Exercise** |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | Idea | Idea | Idea |
|  | What |  |  | What do I have? |  | Idea | Format | Idea |
|  |  |  |  |  |  | Idea | Idea | Idea |
|  |  |  | What | What do I have? | Format |  |  |  |
|  | Where |  | Where | Cornerstone  Assignment | How |  | How |  |
|  |  |  | How | How do I | Future |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  | How |  |  | How do I |  |  | Future |  |
|  |  |  |  |  |  |  |  |  |