



VIDEO PRODUCTION TEAM (430)

REGIONAL – 2018

**Judges: Please double check and verify all
scores and answer keys!**

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Workplace Skills Assessment Program competition.



Description

Create a three-to-five (3-5) minute video production, based upon the assigned topic.

Topic

Create a video promoting the importance of sleep and motivates peers to get more sleep.

Learn more at <http://sleepeducation.org/healthysleep/sleep-recharges-you-teen-sleep-duration/school>.

Summary

Do you know all the ways sleep affects you? Getting the recommended 8-10 hours of sleep per night will improve athletic performance, have a positive impact on your mood, improve memory and your ability to learn, and even give you a healthier complexion. The American Academy of Sleep Medicine recommends 8-10 hours of sleep per night for 13-18 year olds. A lot of teens don't get the recommended amount of sleep. Life is meant to be lived and lived at its best. We need you to help us spread the word: Sleep Recharges You!

What your video should include:

- 1) The key statistic: The American Academy of Sleep Medicine recommends 8-10 hours of sleep per night for 13-18 year olds.
- 2) At least one way teens benefit from getting the right amount of sleep.

What your video should avoid:

- 1) Negative tone, references to death, injury, etc. Rather than focusing on all the things that could go wrong when you're tired, focus on all the ways life gets better when you're well rested.
- 2) At least one way teens benefit from getting the right amount of sleep.

Final thought: Be creative! Tell a story or show examples we can all relate to. Sometimes the funniest material is simply content that's hilarious because it's so normal and relatable.

Get more info at sleepeducation.org and NOYS.org.

Teams who do *not* submit an entry that follows this topic will be *disqualified*.

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ANSWER KEY

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JUDGING PROCEDURE

- Teams will be introduced by team number. **Contestants may continue to wear their name badges.**
- As a team of judges, formulate two to three questions to ask at the conclusion of the presentation. Be sure to ask the same questions of each team.
- Teams will present before a panel of judges and timekeeper.
- The length of set-up will be no more than three (3) minutes.
- The length of the presentation will be no more than ten (10) minutes; followed by judges' questions not to exceed five (5) minutes.
- Excuse teams upon completion of judges' questions.
- **There can be no ties in the top ten (10) teams.** It is the responsibility of the judges to break any ties.
- Administrator will fill out ranking sheet prior to dismissing the judges.
- If more than one (1) section is necessary, finalists will be determined by selecting an equal number from each section.
- Give administrator all Judges' Scoring Rubrics, Judge Comment Sheets and contest materials.
- No audience is allowed in the contest room.

Please double-check and verify all scores!