

710

10 HPE — HEALTH & PHYSICAL EDUCATION

INTRODUCTION

This is a compulsory course based on the four strands of the Health and Physical Education curriculum.

These aim to develop: personal health and physical development; movement skills; relationships; healthy communities and environments.

CONTENT

We teach five key values: Active Involvement, Acceptance of Challenges, Self-Management, Movement and Motor Skills and Relating to Others. The movement topics are: athletics, basketball, football, hockey, gymnastics, softball, volleyball, rugby, aquatics, aerobic training, weight training, create a game and social responsibility in team activities.

In Health we cover hauora, drugs, alcohol, sexuality and nutrition.

SKILLS

The course attempts to up-skill the individual as a whole; concentrating on mental and physical health and development, movement skills and social development through the medium of movement. These include physical skills, personal fitness development, training considerations and requirements, cooperation, communication, leadership, responsibility, research, self-identity, perseverance and team spirit.

ASSESSMENT

Students are assessed each term on the five key values. They receive an average grade at the end of the year. All classes are offered a Level 1 Health Achievement Standard which is based on smart goals and selected classes are offered a Level 1 Physical Education Standard which is based on implementing self-management strategies to improve participation.

NCEA STANDARD – 10PED

	Level	Credits	L1 Lit.	L1 Num.	
Internal					
90970 v2	1	3	yes	no	Physical Education 1.9 - Demonstrate self management strategies and describe the effects on participation in physical activity
90971 v3	1	3	yes	no	Health 1.1 - Take action to enhance an aspect of personal well-being

701

11 PED — PHYSICAL EDUCATION

INTRODUCTION

In this 20-credit course students have four periods a week, presenting them with the opportunity to participate in a variety of individual and team activities.

CONTENT AND SKILLS

Students study a range of concepts related to physical performance, personal well-being/hauora, interpersonal skills, cooperation and social responsibility within a team environment. The physical activities include athletics, volleyball, Aussie Rules, touch, circuit training, water polo, cricket, 10km race, and softball. These activities are designed to enable them to: achieve their potential in physical growth and

development, improve their health and fitness, develop a wide range of motor skills and learn the importance of social responsibility and cooperation in a team. They gain a better understanding of the importance of being physically active and have an appreciation of how physical activity contributes to an enjoyable and healthy lifestyle.

ASSESSMENT

All topics are Achievement Standards and are internally assessed. Our students are successful in Physical Education so we promote and encourage students to strive for Merit and Excellence endorsements.

NCEA STANDARDS – 11PED

Not all standards will necessarily be assessed.

	Level	Credits	L1 Lit.	L1 Num.	
Internal					
90962 v3	1	5	no	no	Physical Education 1.1 - Participate actively in a variety of physical activities and explain factors that influence own participation
90963 v3	1	5	yes	no	Physical Education 1.2 - Demonstrate understanding of the function of the body as it relates to the performance of physical activity
90964 v3	1	3	no	no	Physical Education 1.3 - Demonstrate quality movement in the performance of a physical activity
90966 v2	1	4	yes	no	Physical Education 1.5 - Demonstrate interpersonal skills in a group and explain how these skills impact on others
90967 v2	1	3	yes	no	Physical Education 1.6 - Demonstrate strategies to improve the performance of a physical activity and describe the outcomes