

## 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

**RECOMMENDED LEVEL OF ATTAINMENT**

An Achieved grade is required in Level 1 Standards 90963 or 90967. Otherwise the approval of the HOD is required.

**INTRODUCTION**

Students participate and learn in five fields of study. The course studies the theoretical basis of each and applies this in practical situations. This is a challenging course as students are expected to perform in a range of settings as outlined below.

- Biophysical principles of fitness: anatomy, exercise physiology
- Principles and methods of training.
- Coaching & leadership in sport.
- Performance skills in touch, football and lawn bowls.
- Social responsibility through kiwi sport coaching, football and touch.

**CONTENT**

**Biophysical principles of training** – require students to study principles that underline why we train and the body's response to training, they follow a four-week training program for this topic.

**Social responsibility** – students must demonstrate this, following a social responsibility model, in kiwi sport coaching, touch and football.

**Biophysical principles of skill learning** – students must apply knowledge of biophysical principles to their chosen skill.

**Kiwi Sport coaching** – requires students apply leadership strategies to coaching a small group of primary school children.

**Performance of a skill** – requires students to practically demonstrate skilled performance in touch, football and lawn bowls.

**COSTS**

\$25 for taxi vans and green fees.

**NCEA STANDARDS – 12PED**

*Not all standards will necessarily be assessed.*

	Level	Credits	UE Rdg.	UE Wrtg.	
Internal					
91328 v2	2	5	no	no	Physical Education 2.2 - Demonstrate understanding of how and why biophysical principles relate to the learning of physical skills
91329 v2	2	4	no	no	Physical Education 2.3 - Demonstrate understanding of the application of biophysical principles to training for physical activity
91330 v3	2	4	no	no	Physical Education 2.4 - Perform a physical activity in an applied setting
91332 v2	2	4	no	no	Physical Education 2.6 - Evaluate leadership strategies that contribute to the effective functioning of a group
91334 v2	2	3	no	no	Physical Education 2.8 - Consistently demonstrate social responsibility through applying a social responsibility model in physical activity

**RECOMMENDED LEVEL OF ATTAINMENT**

Year 12 Physical Education is highly recommended but entry can be gained with HOD approval for students new to the subject. For those who took the Year 12 course, a minimum Achieved grade in 2 out of 3 of the following Level 2 Standards is required: 91328, 91329 and 91332.

All other students must apply to the HOD for approval.

**INTRODUCTION**

This course is entirely internally assessed. It is designed to challenge students both physically and academically in a range of contexts.

Students will be expected to show the ability to research and study independently. They will also develop new skills in using IT.

**CONTENT**

**Lifestyles** – involves evaluating physical activity experiences to devise strategies for lifelong well-being.

**Aquatics** – students complete a swimming performance improvement programme and develop strategies to improve performance in a 400m freestyle swim assessment.

**Golf** – students complete a biomechanical swing analysis using video tools and spend time improving their skills for a 9-hole stableford assessment in Term 4.

**COST**

\$140 for professional coaching, course and pool hire and transport.

**NCEA STANDARDS – 13PED**

*Not all standards will necessarily be assessed.*

	Level	Credits	UE Rdg.	UE Wrtg.	
Internal					
91498 v2	3	4	no	no	Physical Education 3.1 - Evaluate physical activity experiences to devise strategies for lifelong well-being
91499 v2	3	3	no	no	Physical Education 3.2 - Analyse a physical skill performed by self or others
91500 v2	3	4	no	no	Physical Education 3.3 - Evaluate the effectiveness of a performance improvement programme
91501 v2	3	4	no	no	Physical Education 3.4 - Demonstrate quality performance of a physical activity in an applied setting
91789 v2	3	4	no	no	Physical Education 3.9 - Devise strategies for a physical activity outcome