

PHYSICAL EDUCATION – LEVEL 1**11PED****HOD: Mr Rhys Taucher**

The course is **compulsory** for all Year 11 students.

AS No.	Descriptor	Level	Assessment	Credits
90962	Participate actively in a variety of physical activities and explain factors that influence participation	1	Internal	5
90963	Describe the function of the Body in performance of physical activity	1	Internal	5
90964	Demonstrate quality movement in the performance of physical activity (Aquathon/Touch)	1	Internal	3
90967	Demonstrate strategies to improve the performance of a physical activity and describe the outcome	1	Internal	3
90970	Demonstrate self-management strategies and describe the effects on participation in physical activity	1	Internal	3

You will learn:

- How to develop practical strategies to improve your fitness and the physical performance skills to complete an Aquathon (400m swim, 4km Run) to the Level 1 standard.
- The fundamentals of applied Anatomy, Exercise Physiology and Biomechanics; exploring how they function in practical settings such as weight training, running, swimming, and Basketball. You will explore how to use knowledge of these sciences to develop and improve your own physical performances.
- How, and why, self-management skills impact on participation in a team/group setting. How to work as a team and develop the necessary skills to make a competition successful.
- How to use interpersonal skills to encourage positive outcomes.
- New physical skills in a variety of applications.

Where does this course lead:

Leads to Level 2 and Level 3 Physical Education courses, provided sufficient credits are gained.

PHYSICAL EDUCATION – LEVEL 2**12PED**

Entry Criteria: Achieved at least 12 credits at Level 1 PE (must include P.E. 90963 – 5 credits) OR at the discretion of HOD PE, based on other Level 1 subject results.

AS No.	Descriptor	Level	Assessment	Credits
91328	Demonstrate understanding of how and why biophysical principles relate to the learning of physical skills	2	Internal	5
91329	Demonstrate understanding of the application of biophysical principles to training for physical activity	2	Internal	4
91330	Perform a physical activity in an applied setting	2	Internal	4
91331	Explain the significance for self, others and society of a sporting event, physical activity, or festival	2	Internal	4
91333	Analyse the application of risk management strategies to a challenging outdoor activity	2	Internal	3
91334	Consistently demonstrate social responsibility through application of a social responsibility model in physical activity	2	Internal	3

You will learn:

- How principles of anatomy and bio-mechanics relate to a sporting action of your choice.
- How to apply principles and methods of training to an endurance event.
- How to apply principles of skill learning and sports psychology to a related physical activity.
- The sociological significance of a sporting event, physical activity or festival. (Super Rugby/World Cup Rugby).
- How to apply a social responsibility model consistently in a Mountain-craft activity camp situation. (Mountain-craft may include, but isn't limited to, ice climbing, building an ice cave, ice step making, orienteering.).
- How to demonstrate and apply safety management procedures in the above Mountain-craft physical activities.

You will also: Demonstrate performance in two contrasting physical activities; Softball and an endurance activity.

Where does this course lead:

It will generally lead into Level 3 Physical Education and then potentially into many fields of Tertiary study or it can provide a comprehensive knowledge base for those wishing to complete a rounded course at Level 2 or those wishing to move into the physical activity industry.

The course is well suited to those students who are academically able and who wish to gain endorsements in Level 2 NCEA of Merit and/or Excellence.

Cost: All Level 2 Students go on a compulsory Physical Education Camp in Ohakune and Mt Ruapehu, which includes skiing or snowboarding, for up to 3 days at the end of Term 3.
(Costs will vary from year to year, but is generally in the range of \$475 per student).
Student course booklets are internally produced \$10.

PHYSICAL EDUCATION – LEVEL 3**13PED**

Entry Criteria: Achieved 15 credits at Level 2 PE, OR at the discretion of HOD PE, based on other Level 2 results.

AS No.	Descriptor	Level	Assessment	Credits
91499	Analyse a physical skill performed by self or others	3	Internal	3
91501	Demonstrate quality performance of a physical activity in an applied setting. (Triathlon/Tough-guy)	3	Internal	4
91502	Examine a current physical activity event, trend, or issue and its impact on New Zealand society	3	Internal	4
91503	Evaluate the use of health promotion to influence participation in physical activity	3	Internal	5
91789	Devise strategies for a physical activity outcome	3	Internal	4

You will learn:

- How to analyse the performance of a physical skill such the Tennis serve, incorporating bio-mechanical analysis of the motor skills.
- How to plan for your own training towards a major sporting activity. Investigating and applying principles of programme development including goal setting, principles and methods of training, periodisation and time management amongst others. This is a comprehensive and relevant application to the student's own requirements based on their own lifestyle demands.
- How to set a target for the successful completion of an externally run Triathlon or Tough-Guy event.
- How to critically evaluate the successes and failings of a strategy application in a training programme.
- How to develop your own physical performance to reach the demanding Level 3 standards.
- Examine how taking action to promote and lead a physical activity for others. Positively influence the outcomes and lifestyles of members of your society. Identify the key factors that contribute to improved activity outcomes for the population.
- Investigate issues in physical activity and examine the implications of these on NZ society.

Where does this course lead:

This is an approved University Entrance subject. It can lead into many fields of tertiary study or it can provide a comprehensive knowledge base for those wishing to move into the physical activity industry.

The course is well suited to those students who are academically able and who wish to gain endorsements in Level 3 NCEA for Merit and/or Excellence.

Cost:

All students will be required to complete an independently organised Triathlon event in Term One.

The cost of entry is approximately \$60.

And **EITHER:**

The 'Tough-Guy' Challenge (Term 2) – the cost of entry is approximately \$75

OR

Optional Scuba-Diving course and day trip to Goat Island Marine Reserve (Term 2) – the cost of the Course and the Trip is approximately \$140.

NOTE: *Additional costs may include wetsuit and/or bike hire on the day of the Triathlon.*