

2010 SENIOR COURSE INFORMATION

Head of Department.

SUBJECT: Physical Education

Name of Teacher: Deon van Deventer

	Year 11	Year 12	Year 13
Course Content	<p>The units of work are aimed to link Health and Physical Education. This will give the students a wide range of knowledge and a good foundation for Year 12 and Year 13 Physical Education. The course will be a challenge to all those that are looking for something a bit different that can provide them with a wide range of skills, not only physical.</p> <p>Thus, Physical Education will provide national qualifications for senior students in Years 11 to 13, also firmly establishing physical education as an integral part of the senior curriculum.</p>	<p>A high standard of work is required for success in this NCEA course. The course covers the practical and theoretical aspects of physical education with a strong outdoor education component. It consists of core and optional modules which are a balance of theory and practical work.</p> <p>Outdoor Education is also a part of the new Level 2 course. This module will cover many engaging practical components. All activities are introduced to offer safe, enjoyable and effective participation. With a combination of Achievement and Unit Standards it gives the students a wide range of learning activities.</p> <p>Throughout this module, each unit will develop skills in:</p> <ul style="list-style-type: none"> Environmental awareness Specific skills required Safety skills and emergency procedures Knowledge of equipment and facilities Awareness of resources and helping agencies Leadership skills Understanding of relevant issues such as minimal impact code, over use, risk and responsibility, outdoor safety. 	<p>NCEA Level 3 is a natural progression from Level 2 Physical Education. The NCEA course will provide learning experiences that give an understanding of the need for physically active and healthy lifestyles. These learning experiences will also develop the understandings and skills which underpin successful physical activity and encourage continued participation in the future.</p> <p>The Year 13 course continues to bring exciting challenges to all involved. The course is a natural progression from NCEA Level 2 PE.</p> <p>The Level 3 course will provide learning experiences that give an understanding of the need for a physically active and healthy lifestyle. These learning experiences will also develop the understandings and skills which underpin successful physical activity and encourage continued participation in the future</p>

Pre Requisites	None	Students should normally have taken the NCEA Level 1 course in order to be eligible for Level 2 and should have achieved a minimum of 14 credits from Achievement Standards. Other students may gain entry at the discretion of the Dean and HOD if a sound academic record in Level 1 subjects can be demonstrated	Students should normally have taken the NCEA Level 2 course in order to be eligible for Level 3 and should have achieved a minimum of 14 credits from Achievement Standards. Other students may gain entry at the discretion of the Dean and HOD if a sound academic record in Level 2 subjects can be demonstrated.
Assessment	<p><u>Internal</u> AS90067 Participate in physical activities and describe how this influences wellbeing /hauora. <i>redits 5</i> AS90068 Demonstrate knowledge of body structure and function in the performance of a physical activity. <i>Credits 6</i> AS90524 Demonstrate and describe the quality of movement in a physical activity. <i>Credits 5</i> AS90071 Use strategies to develop interpersonal skills in a group or team. <i>Credits 4</i> AS90525 Examine the quality of movement in performance of a physical activity. <i>Credits 3</i> Unit standards in kayaking and first aid are also part of the course.</p>	<p><u>Internal</u> AS90433 Describe and apply functional anatomy and biomechanical principles that relate to physical activity (Athletics) <i>Credits 3</i> AS90434 Describe and apply principles and methods of training that relate to participation in physical activity.(Winter sport) <i>Credits 2</i> AS90436 Demonstrate performance in a physical activity in an applied. (Indoor bowls) <i>Credits 5</i> AS90437 Investigate the sociological significance of a sporting event, physical activity or event. <i>Credits 3</i> AS90438 Explore leadership roles in a group or team physical activity. <i>Credits 3</i> AS90439 Demonstrate knowledge of safety issues and apply safety management procedures in a physical activity. <i>Credits 3</i></p>	<p><u>Internal</u> AS90739 Apply knowledge to plan a physical activity programme or experience (triathlon) <i>Credits 3</i> AS90740 Explain the effectiveness of a physical activity and its influence on hauora and well being.(Triathlon) <i>Credits 3</i> AS90741 Appraise performance, and review a programme for performance improvement for self or others (golf) <i>Credits 5</i> AS90742 Demonstrate performance in a chosen physical activity against nationally developed standards (golf/triathlon) <i>Credits 4</i> AS90743 Examine a current physical activity event or trend or issue, impacting on New Zealand society.(Research) <i>Credits 4</i> AS90744 Critically examine physical activity and take action to influence the participation of others. <i>Credits 3</i></p>
	Costs \$120.00 for Kayaking and cycling trip. Text and workbook:\$30.00.	\$120.00 for Tongariro tramp and camp weekend. Text and work book:\$30.00.	\$60.00 for golf lessons ,games and hire of golf clubs. \$30.00 for kayaking lessons. Text and workbook:\$30.00.

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SUBJECT: Physical Education

Year 12/13

Sport and Fitness Management

This is a new Physical Education course with 2008 the first year of this course. The course is based on Unit Standards and is provided by UCOL. It is all internally assessed and moderated by UCOL in Palmerston North. The standards range from Level 1 to Level 3. The course provide students do explore a wide range of Physical Education aspects with a mixture of theory and practical components. This course will not automatically give you entry into Level 3 Physical Education. This have to be negotiated with the HOD.

No

Internal20673 Demonstrate knowledge of injury prevention and management in sport or recreation. *Credits 4 (Level 2)*

13350 Apply knowledge of nutrition to physical activity needs.

*Credits 3 (Level 2)*505 Manage personal fitness with guidance. *Credits 3 (Level 1)*

22768 v 1 Conduct and review a beginner coaching session.

*Credits 6 (Level 3)*22771 v 1 Plan a beginner coaching session for sports participation. *Credits 4 (Level 3)*

Costs Nil