

2019 SENIOR COURSE INFORMATION

Subject
Head of Department

Physical Education
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 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.

<p>Assessment</p>	<p>Internal (24 credits) 90962 Participate actively in a variety of physical activities and explain factors that influence own participation. (5) 90963 Describe the function of the body as it relates to the performance of a physical activity. (5) 90963 Describe the function of the body as it relates to the performance of physical activity. (3) 90965 Demonstrate understanding of societal influences on physical activity and the implications for self and others. (4) 90966 Demonstrate interpersonal skills in a group and explain how these skills impact on others. (4) 90968 Demonstrate and show understanding of responsible behaviour for safety during outdoor education activities. (3)</p> <p>Unit standards in Mountain biking are also part of the course.</p>	<p>Internal (24 credits) 91328 Explain how biophysical principles relate to the learning of physical skills (Athletics) (5) 91329 Apply biophysical principles to training for physical activity and explain the application. (Winter sport) (4) 91330 Perform a physical activity to achievement level of the Physical Education Performance Standards for Level 2, in an applied setting. (4) 91331 Explain the significance for self, others and society of a sporting event, trend, physical activity, or festival (4) 91332 Apply and explain appropriate leadership strategies that contribute to the effective functioning of a group. (4) 91333 Explain the application of risk management strategies to a challenging outdoor activity. (3)</p> <p>Outdoor Unit Standards will be provided in Term 2 (ABL, High and low ropes, tramping and camping, rafting)</p>	<p>Internal (19 credits) 91463 Evaluate Health practices currently used in New Zealand (5) (HEALTH) 91499 Analyse a physical skill performed by self and others. (3) 91501 Demonstrate quality performance of a physical activity in an applied setting (Golf/ Tough Guy Tough Gal) (4) 91502 Examine a current physical activity event, trend, or issue and its impact on New Zealand society (research). (4) 91789 Devise strategies for a physical activity outcome (Though Guy Tough Gal) (4)</p>
<p>Costs</p>	<p>\$150.00 cycling trip. Text and workbook: \$45.00.</p>	<p>\$150.00 for Tongariro tramp and Camp weekend. Text and work book: \$45.00.</p>	<p>\$130.00 for golf lessons, games and hire of golf clubs. \$45.00 Entry to Tough Guy Tough Gal event \$120.00 Accommodation and food for TGTG event Text and workbook: \$45.00.</p>