COURSE INFORMATION **Subject: PHYSICAL EDUCATION** **Head of Subject: MR DEON VAN DEVENTER**

	Year 11	Year 12	Year 13
Course Content	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. 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.	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. 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. Throughout this module, each unit will develop skills in: 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, overuse, risk and responsibility, outdoor safety.	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. The Year 13 course continues to bring exciting challenges to all involved. The course is a natural progression from NCEA Level 2 PE. 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.
Prerequisites	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.

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Assessment	**Internal (15 credits)** **AS92016 (1.1)** Identify and apply movement strategies in an applied setting**. (Ultimate frisbee)** (5) **AS92017 (1.2)** Engage collaboratively in movement and to understand the application of strategies, in the context of kotahitanga. **(Mountain Biking)** (5) **AS92019** **(1.4)** Demonstrate understanding of influences on movement in Aotearoa New Zealand or the Pacific. (5) **20137** **(U/S)** **Mountain Biking** **Indoor Wall Climbing**	**Internal (24 credits)** **91328** Explain how biophysical principles relate to the learning of physical skills **(Shot put)** (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. **(Indoor bowls)** (4) **91332** Apply and explain appropriate leadership strategies that contribute to the effective functioning of a group. **(Primary Schools Activity)** (4) **91333** Explain the application of risk management strategies to a challenging outdoor activity. **(Ski trip)** (3)	**Internal (19 credits)** **91499** Analyse a physical skill performed by self and others. **(Golf)** (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) **91498** Evaluate physical activity experiences to devise strategies for lifelong well-being **(Tough Guy Tough Gal)** (4)
Costs	$180.00 for cycling trip.	$300.00 for ski weekend. Depending on availability of own ski gear/equipment.	$200.00 for golf lessons, games and hire of golf clubs. $45.00 Entry to Tough Guy Tough Gal event. $200.00 Accommodation ,transport and food for TGTG event.