

# Physical Education

# Level 1

## Course Requirements:

Level 1 Physical Education builds on the basic foundations set in year 9 & 10 PE. Student's need to be able to grasp basic understanding of how to work as part of a team and be able to participate in various activities. This course introduces students to biophysical factors in sport and is a mixture of theory based and practical based learning.

## Aims:

Through movement this course aims to develop knowledge of ourselves and others, and the social skills that contribute to positive relationships. Students understand how and why we move in ways we do and learn about the social, cultural and scientific influences on the movement culture.

## Course Content:

1. Athletics - skill learning theory/practical
2. Participating in a range of sports
3. Fitness studies - Anatomy and biomechanics of weight training
4. Performance improvement strategies

## Where can this subject take you?

Success in this Level 1 Physical Education course can provide students an opportunity to contribute credits toward completing NCEA level 2 and gain entry into Level 2 Physical Education courses. Those who complete AS90963, AS90966 and 90967 give themselves the chance to gain 12 literacy credits that can contribute towards requirements for University Entrance.

## Further Assessment Opportunity and Resubmission

(Refer to student Handbook for more information)

A further assessment opportunity occurs after you have submitted work / sat a test for an assessment; you do a new assessment after further learning has taken place. For this course there will be one further assessment opportunity for each standard. A resubmission can be offered to you by the teacher if they believe you can correct errors or omissions in your work in a short period of time; it does not involve a new assessment. A resubmission must take place before the teacher gives any feedback on the work done. There can be only one resubmission.

## Appeals (Please refer to student Handbook for more information)

If you are unhappy with any of your results you should discuss this with your teacher. If you are still unhappy then an Appeals form should be completed; this is available from the HoF; forms need to be completed and returned to your HoF within 5 school days of receiving your grade. If you are still not happy you can then see the Principal's Nominee. At NO time, during this process, should you contact NZQA.

## Head of Faculty

Ms Reiri      j.reiri@jchs.school.nz

## Assessment Chart

Number	Title	Credits	US/AS	Internal/ External	Format	Literacy	Numeracy	Indicative date
90962	Participate actively in a variety of physical activities and explain factors that influence own participation.	5	AS	Int	Booklet/online			Term 1-3
90964	Demonstrate quality movement in the performance of a physical activity.	3	AS	Int	Booklet			Term 1
90967	Demonstrate strategies to improve performance	3	AS	Int	Booklet	L1 Lit		Term 1
90963	Demonstrate understanding of the function of the body as it relates to the performance of physical activity.	5	AS	Int	Verbal/Booklet	L1 Lit		Term 2-3

**Note:** Students cannot be entered for both 1PHE and 1REC. Both courses offer similar assessment and therefore cannot be taken at same time.

### Entry into externals will be based on:

There are no externals available in this course.
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