

Recreation

Level 1

Course Requirements:

Recreation develops the basic understanding of key concepts covered in year 9 & 10 Physical Education. Students will need to be enthusiastic about movement, sports and physical activity in order to meet this practically orientated alternative PHE course. Students will also be required to use critical thinking skills to understand influences affecting participation, performance and develop strategies to manage self and others in and around physical activity.

Aims:

Recreation aims to build knowledge and understanding around sports and physical activity through participation in a wide range of context. Students will be required to actively participate in fitness based programmes, sports and leisure activities to improve their health and self-management in physical activity. This course will benefit those looking to get themselves and others active as well as improve the quality of performance in selected sports.

Course Content:

1. Organising a school sports event
2. Participating in a range of sports
3. Demonstrate a high level of improvement and performance in a chosen activity
4. Developing a personal fitness plan

Where can this subject take you?

Success in 1REC can lead you to the Level 2 (MIT) Sports Leadership and Level 2 Outdoor Recreation. Credits gained in this subject count towards achieving your level 1 NCEA. This senior course pathway would enable the student to apply for tertiary courses within the sporting area, including the Manukau Institute of Technology's School of Sport Programmes at certificate and diploma level, and the New Zealand institute of Sport (NZIS).

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	Practical Booklet			Terms 1-3
505	Develop and produce a personal exercise plan based on results of personal fitness assessment	3	US	Int	Book Practical			Term 2
90969	Take purposeful action to assist others to participate in physical activity.	2	AS	Int	Organise event Booklet			Term 3
90964	Demonstrate quality movement in the performance of a physical activity.	3	AS	Int	Booklet			Terms 3-4

Note: Cannot be taken in conjunction with Physical Education Level 1

Entry into externals will be based on:

There are no externals available in this course.
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