

# Physical Education

# Level 3

## Course Requirements:

Successful students come into this class, having achieved Level 2 NCEA Physical Education, with a focus on Achievement Standard success and with competent reading and writing skills to complete written project submissions.

## Aims:

- I will reflect on my past physical activity experiences to devise strategies for lifelong well-being as an adult through physical activity.
- I will discover a variety of contemporary leadership models and principles.
- Our class will work together as a committee, using a “Heath Promotion Model” to plan, run and review an event (6 weeks) for a chosen target group.
- When we plan and run this event, I will practise and evaluate the leadership models I have learned about.
- I will demonstrate quality performance in a School Sports Team that is playing in an ongoing inter-school competition.
- I will examine a current physical activity issue and its impact on New Zealand society by applying critical thinking skills.

## Course Content:

Module 1: Past, Present and Future.  
Module 2: Biomechanics  
Module 3: Performance improvement programmes  
Module 4: Physical performance  
Module 5: Strategies to improve performance

## Where can this subject take you?

Tertiary Education – University Degree Level programmes.

## 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
91499	Analyse a physical skill performed by self or others	3	AS	Int	Practical Booklet			Term 1
91789	Devise strategies for a physical activity outcome	4	AS	Int	Practical Booklet			Term 2
91500	Evaluate the effectiveness of a performance improvement programme	4	AS	Int	Practical Booklet			Term 2
91501	Demonstrate quality performance in a physical activity in an applied setting.	4	AS	Int	Practical		Num	Term 3
91498	Evaluate physical activity experiences to devise strategies for life-long well-being.	4	AS	Int	Writing piece	L1	Num	Term 3

**Note:** Students cannot be entered for both L3 Sport Leadership and L3 Physical Education. They are mutually exclusive course pathways.

### Entry into externals will be based on:

Externals are only offered for Scholarship students, who have studied Level 2 and Level 3 Physical Education.
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