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| ***Health and Physical Education Year 9 HAUORA WORKBOOK*** | | | |
| *Over the next 4 weeks, you will need to complete the following 12 tasks. You are allowed to use your family members, and the internet to help you achieve this. Read each task, if there is a resource needed, it has been attached in number order. You can complete them in any order if you wish* ***but*** *you must complete Task 12 at the end.* | | | |
| 1. ***Research the Maori God that is linked to your House at school. You will then create a house banner which represents everything that your Maori God represents. Include symbols, text and pictures. Refer to worksheet 1*** | 1. ***Hauora. Complete worksheet 2 (Task 1) about what each of the four dimensions of Hauora mean to you. Task 2, complete the Actions List - where do each of these actions sit within Hauora.*** | 1. ***Create a game that you can play with more than 2 people at home. You must only use the resources at your house. You must complete worksheet 3 including rules, equipment, photos and reflection*** | 1. ***Complete the mix and match for friendship qualities on worksheet 4 (Task 1). Then match the behaviour to the quality (Task 2). Finish by giving one example of a friend who has shown these qualities - explain this example (Task 3)*** *‘eg. My friend Stacey supported me when I was struggling with being confident in PE. She encouraged me to try my best and helped me participate.’*   ***Worksheet number 4 (Task 1, Task 2, Task 3)*** |
| 1. ***What are Invasion Games?***   ***Research and list basic rules and important skills required to participate in that sport successfully and complete the worksheet 5 provided.*** | 1. ***My Active Lifestyle. Complete worksheet 6. Complete the table outlining your typical day to show how active your lifestyle is.*** | 1. ***Complete worksheet 7 (Task 1) & (Task 2) around drugs and alcohol. Individually complete the brainstorm and answer the questions.*** | 1. ***Complete an interview with your whanau and record answers on the provided worksheet 8.*** |
| 1. ***Choose 2 out of the 3 Athletics events that have been given to you. Read through the worksheet 9 and complete the tasks below. Focus is on technique and understanding of how to perform the skill effectively.*** | 1. ***Physical Activity Record. Using worksheet 10, record the amount of physical activity you complete over the next four weeks while you are away from school. Colour code the bars for every 20minutes of activity you complete during the day****.* | 1. ***Goal Setting worksheet 11. Read worksheet “What do I want” and complete sentences attached. Complete Goal setting worksheet. You have to set a small goal that you can achieve for each area of Hauora.*** | 1. ***WHAIWHAKAARO/FINAL REFLECTION***   ***Complete a final reflection of your learning. You will need to complete an evaluation of your learning using the questions provided on worksheet 12.*** |