

**Mount Aspiring College
Year 13
Physical Education
Student Information
2012**



Course Outline and Assessment

Description of Course: This course focuses on level 8 of the Health and Physical Education curriculum.

Course Description

- Apply knowledge to plan a physical activity programme or experience (3.1)
- Explain, with evidence, the effectiveness of a physical activity programme and its influence on hauora/well-being (3.2)
- Appraise performance and review a programme for performance improvement for self or others (3.3)
- Perform a physical activity to nationally developed performance standards (3.4)
- Examine and critically analyse an issue that is impacting on NZ society (3.5)

Assessment

The Year 13 Physical Education course contributes up to 19 credits towards the Level 3 National Certificate in Educational Achievement (NCEA). Some assessments will be in the form of skills performance, while others will involve completion of activities and associated written assignments. Some are completed over a significant period of time, with class work being an integral part of the assessment.

Assessment Information

There are five achievement standards in this course. The allocated credits and assessment procedures are outlined below:

| NUMBER | ACHIEVEMENT STANDARD TITLE | CREDITS | ASSESSMENT METHOD |
|--------------------|---|---------|-------------------|
| 90739 3.1 V2 | APPLY KNOWLEDGE TO PLAN A PHYSICAL ACTIVITY PROGRAMME OR EXPERIENCE. | 3 | INTERNAL |
| 90740 3.2 V3 | EXPLAIN, WITH EVIDENCE, THE EFFECTIVENESS OF A PHYSICAL ACTIVITY PROGRAMME AND ITS INFLUENCE ON HAUORA/WELL-BEING | 3 | INTERNAL |
| 90741 3.3 V2 | APPRAISE PERFORMANCE AND REVIEW A PROGRAMME FOR PERFORMANCE IMPROVEMENT FOR SELF OR OTHERS | 5 | INTERNAL |
| 90742 3.4 V2 | PERFORM A PHYSICAL ACTIVITY TO NATIONALLY DEVELOPED PERFORMANCE STANDARDS | 4 | INTERNAL |
| 90743 3.5 V2 | EXAMINE A CURRENT PHYSICAL ACTIVITY EVENT OR TREND OR ISSUE, IMPACTING ON NEW ZEALAND SOCIETY | 4 | INTERNAL |

Subject Reference Physical Education 3.1 (90739) version 2

Title Apply knowledge to plan a physical activity programme or experience.

Level 3 **Credits** 3 **Assessment** Internal

This achievement standard requires planning a physical activity programme or experience.

Achievement Criteria

| Achievement | Achievement with Merit | Achievement with Excellence |
|--|---|--|
| Apply knowledge to produce a plan for a physical activity programme or experience. | Apply detailed knowledge to produce a plan for a physical activity programme or experience. | Apply comprehensive knowledge to produce a plan for a physical activity programme or experience. |

Subject Reference Physical Education 3.2 (90740) version 2

Title Explain the effectiveness of a physical activity and its influence on hauora and well-being

Level 3 **Credits** 3 **Assessment** Internal

This achievement standard requires participation in, and the review of a physical activity programme or experience and its influence on personal hauora and well-being.

Achievement Criteria

| Achievement | Achievement with Merit | Achievement with Excellence |
|---|--|--|
| <ul style="list-style-type: none">Explain, with supporting evidence, the effectiveness of a physical activity programme/experience and its influence on personal hauora and well-being. | <ul style="list-style-type: none">Evaluate a physical activity programme/experience and its influence on personal hauora and well-being. | <ul style="list-style-type: none">Critically evaluate a physical activity programme or experience and its influence on personal hauora and well-being. |

Subject Reference Physical Education 3.3 (90741) version 2

Title Appraise performance and review a programme for performance improvement for self or others

Level 3 **Credits** 5 **Assessment** Internal

This achievement standard requires the appraisal of performance and implementation of a programme to improve personal performance or the performance of others in a chosen physical activity, and reviewing the effectiveness of the programme in improving that performance.

Achievement Criteria

| Achievement | Achievement with Merit | Achievement with Excellence |
|--|---|---|
| Appraise performance in a chosen physical activity before and after a performance improvement programme. | Accurately appraise performance in a chosen physical activity before and after a performance improvement programme. | Comprehensively and accurately appraise performance in a chosen physical activity before and after a performance improvement programme. |
| Explain, with supporting evidence, the effectiveness of the programme to improve performance. | Evaluate the programme to improve performance. | Critically evaluate the programme to improve performance. |

Subject Reference Physical Education 3.4 (90742) version 2

Title Perform a physical activity to nationally developed performance standards

Level 3 **Credits** 4 **Assessment** Internal

This achievement standard requires performing a physical activity, in an applied setting, to nationally developed performance standards.

Achievement Criteria

| Achievement | Achievement with Merit | Achievement with Excellence |
|--|---|--|
| Perform the physical activity to achievement level of the nationally developed performance standards, in an applied setting. | Perform the physical activity to achievement with merit level of the nationally developed performance standards, in an applied setting. | Perform the physical activity to achievement with excellence level of the nationally developed performance standards, in an applied setting. |

Subject Reference

Physical Education 3.5 (90743) version 2

Title Examine a current physical activity event, trend or issue impacting on New Zealand society.

Level 3 **Credits** 4 **Assessment** Internal

This achievement standard requires an examination of a current physical activity event, trend or issue impacting on New Zealand society.

Achievement Criteria

| Achievement | Achievement with Merit | Achievement with Excellence |
|--|--|---|
| Examine a current physical activity event or trend or issue and explain its impact on New Zealand society. | Examine in detail a current physical activity event or trend or issue and explain its impact on New Zealand society. | Critically examine a current physical activity event or trend or issue and explain in detail its impact on New Zealand society. |

2012-Year Planner

| WEEK | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------|
| TERM 1. | 3.1 | 3.1 | 3.1 | 3.1 | 3.1 | 3.1 | 3.1 | 3.1 | 3.1 | 3.1 3.2 |

| WEEK | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------------|-----|-----|-----|-----|------------|------------|------------|------------|------------|------------|
| TERM 2. | 3.2 | 3.2 | 3.2 | 3.2 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 |

| WEEK | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|----------------|------------|------------|------------|------------|------------|------------|------------|-----|-----|-----|-----|
| TERM 3. | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.3 3.4 | 3.5 | 3.5 | 3.5 | 3.5 |

| WEEK | 1 | 2 | 3 |
|----------------|-----|-----|-----|
| TERM 4. | 3.5 | 3.5 | 3.5 |

ASSESSMENT POLICY AND PROCEDURES

The Physical Education Department will operate in accordance with College's NCEA policies. It is important that you read and understand the rules and regulations relating to NCEA in the student handbook. These include:

Attendance

Authenticity

Appeals

Late Work

Reassessment Opportunities

Verifying Grades

Compassionate Considerations:

Use of Computers:

Recording of Results:

Retention of Student work

Student Obligations

PLEASE NOTE:

Assessment/Re-assessment

Due to the nature and size of the standards at level 3, there will be NO opportunity to resubmit work for this course.

Late work:

Work submitted late for any internally assessed standards will not be marked. If there is a genuine reason or explanation why you are unable to submit the work then you are able to apply for an extension. This should occur prior to the due date and not after. Approach your subject teacher and make your case. Read the NCEA student handbook for more information.

Your Obligations:

- 1 Ensure you understand the assessment programme.
- 2 Check the accuracy of the assessment when work is returned.
- 3 Ensure you understand the requirements of each assessment.
- 4 Discuss concerns with the teacher before they become a problem.
- 5 Understand the implications of the College's NCEA policies.

YEAR 13 PHYSICAL EDUCATION STUDENT RECORD SHEET

NAME:

CLASS

| Standard | Credits | Formative Assessment | Summative Assessment | Reflection |
|----------|---------|----------------------|----------------------|------------|
| 3.1 | 3 | | | |
| 3.2 | 3 | | | |
| 3.3 | 5 | | | |
| 3.4 | 4 | | | |
| 3.5 | 4 | | | |

Use this key:

- N = Not Achieved
- A = Achieved
- M = Achieved with merit
- E = Achieved with excellence

PHYSICAL EDUCATION CALENDAR TERM ONE 2012

LEVEL 3

| Week/Day | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--------|---------|-----------------------------|----------|--------|
| JANUARY/FEBRUARY | | | | | |
| 1 | 30 | 31 | 1 | 2 | 3 |
| 2 | 6 | 7 | 8 | 9 | 10 |
| 3 | 13 | 14 | 15 | 16 | 17 |
| 4 | 20 | 21 | ACHIEVEMENT STANDARD 3.1 | | 24 |
| 5 | 27 | 28 | 29 | 1 | 2 |
| MARCH | | | | | |
| 6 | 5 | 6 | 7 | 8 | 9 |
| 7 | 12 | 13 | 14 | 15 | 16 |
| 8 | 19 | 20 | ACHIEVEMENT STANDARD 3.1 | | 23 |
| 9 | 26 | 27 | 28 | 29 | 30 |
| APRIL | | | | | |
| 10 | 2 | 3 | 4 | 5 | 6 |

PHYSICAL EDUCATION CALENDAR TERM TWO 2012

LEVEL 3

| Week/Day | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--------|---------|---|----------|--------|
| 1 | 23 | 24 | 25 | 26 | 27 |
| MAY | | | | | |
| 2 | 30 | 1 | 2 | 3 | 4 |
| 3 | 7 | 8 | <div style="border: 1px solid black; background-color: #4b4b8b; color: white; padding: 5px; width: fit-content; margin: auto;"> ACHIEVEMENT STANDARD 3.2 </div> | | 11 |
| 4 | 14 | 15 | 16 | 17 | 18 |
| 5 | 21 | 22 | 23 | 24 | 25 |
| JUNE | | | | | |
| 6 | 28 | 29 | 30 | 31 | 1 |
| 7 | 4 | 5 | 6 | 7 | 8 |
| 8 | 11 | 12 | <div style="border: 1px solid black; background-color: #e6e6fa; padding: 5px; width: fit-content; margin: auto;"> ACHIEVEMENT STANDARD 3.3 AND 3.4 </div> | | 15 |
| 9 | 18 | 19 | 20 | 21 | 22 |
| 10 | 25 | 26 | 27 | 28 | 29 |

PHYSICAL EDUCATION CALENDAR TERM THREE 2012

LEVEL 3

| Week/Day | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--------|---------|---|----------|--------|
| JULY | | | | | |
| 1 | 16 | 17 | 18 | 19 | 20 |
| 2 | 23 | 24 | 25 | 26 | 27 |
| AUGUST | | | | | |
| 3 | 30 | 31 | 1 | 2 | 3 |
| 4 | 6 | 7 | 8 | 9 | 10 |
| 5 | 13 | 14 | <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> ACHIEVEMENT STANDARD 3.3 AND 3.4 </div> | | 17 |
| 6 | 20 | 21 | 22 | 23 | 24 |
| 7 | 27 | 28 | 29 | 30 | 31 |
| SEPTEMBER | | | | | |
| 8 | 3 | 4 | 5 | 6 | 7 |
| 9 | 10 | 11 | 12 | 13 | 14 |
| 10 | 17 | 18 | <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> ACHIEVEMENT STANDARD 3.5 </div> | | 21 |
| 11 | 24 | 25 | 26 | 27 | 28 |

PHYSICAL EDUCATION CALENDAR TERM FOUR 2012

LEVEL 3

| Week/Day | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--------|---------|-----------|----------|--------------------|
| OCTOBER | | | | | |
| 1 | 15 | 16 | 17 | 18 | 19 |
| 2 | 22 | 23 | 24 | 25 | 26 |
| NOVEMBER | | | | | |
| 3 | 29 | 30 | 31 | 1 | 2 SENIORS LEAVE |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 5 | 12 | 13 | 14 | 15 | 16 |
| 6 | 19 | 20 | 21 | 22 | 23 |
| 7 | 26 | 27 | 28 | 29 | 30 |
| DECEMBER | | | | | |
| 8 | 3 | 4 | 5 | 6 | 7 |
| 9 | 10 | 11 | 12 | 13 | 14 |