



## Physical Education, PED111 2009

### Aims/General Learning Outcomes

- Participate in a variety of practical activities/sports.
- Increase understanding of how physical activity affects hauora/well-being.
- Increase understanding of basic sports science principles.
- Understand and use interpersonal skills effectively in a team environment to enhance relationships.

### Course Content

You will complete four units as part of Level One PE totalling 20 credits for the year. All of them are a combination of practical and theory. Consequently there are NO reassessment opportunities.

- In the “Duathlon” you will train to improve your fitness and technique for running and swimming so you can perform to your best in the Year 11 Duathlon race. This is worth 3 credits.
- The “Interpersonal” unit concentrates on developing effective interpersonal skills within a team environment. The will culminate in a tournament. You will be advised on what the context is closer to the time. This is worth 4 credits.
- The “Factors” unit will allow you to improve your skills, understanding and strategy in a particular sport. This is worth 3 credits.
- In “Sports Science” you will learn basic anatomy, exercise physiology and biomechanical principles. You will relate this information to general fitness activities including Fitz Boxing. This unit is worth 5 credits.
- In the final unit “Let’s Get Active”, you will participate in a variety of individual, team and novel sports. Your will explain and evaluate how these activities affected your hauora. This is worth 5 credits.

### Absence Authorisation

A student who is unavoidably absent from a qualifications assessment may apply for absence authorisation. Absence authorisation will only be given in exceptional or emergency circumstances. To apply for absence authorisation you should collect the appropriate form from the school office, fill it in and return it to your Head of Level within one week of the assessment (or due) date. The absence authorisation form must be accompanied by a medical certificate or a detailed letter of explanation of non-medical circumstances from a parent.

The outcome of an application for absence authorisation may be one of:

- An extension of time, if there is evidence of partially completed work
- A further assessment opportunity
- An assessment of achievement based on alternative evidence where it exists
- The application is declined and no grade is awarded.

### Appeals

Any queries about an assessment decision should be made to your class teacher when the assessment is handed back. Any formal appeals should be made, within one week of the assessed work being returned to Ms Orr, HoD Physical Education, who will investigate it further or by the Principal’s Nominee, Mrs Butler. Work done in pencil or which has ‘white-

out' corrections cannot be reconsidered for appeals. Appeals need to be made within one school week of receiving a result.

## Student Assessment Record Sheet

Level One Physical Education - 2009		No of Credits	Assessment Type	Reassessment Opportunity	Timing	Result
AS90524 version 1	Demonstrate quality movement in the performance of physical activity	3	Practical performance	No, but pre-test and mid test times will be considered.	Term 1, week 9	
AS90068 version 2	Demonstrate knowledge of body structure and function related to performance of physical activity	5	Written test (1 hour)	No	Term 2, week 5	
AS90525 version 1	Examine the quality of movement in performance of a physical activity	3	Practical performance + written evaluation (1 hour)	No	Term 2, week 10	
AS90071 version 2	Demonstrate interpersonal skills and describe their effects on the functioning of a group or team.	4	Practical performance + written evaluation (1 hour)	No	Term 3, week 5	
AS90067 version 3	Participate in physical activities and describe how this influences well-being	5	Practical performance + written evaluation (1 hour)	No	Term 4, week 4	