



Physical Education, Level 3 2009

Aims/General Learning Outcomes

- You will develop a greater understanding of functional anatomy, exercise physiology and how the body functions with relation to exercise.
- You will learn how to accurately appraise physical performance and technique.
- You will learn how to look at issues from a critical viewpoint, in the context of health and fitness related issues in our society.

Course Content

During the first half of the year, you will learn about how to plan a proper personal training programme for yourself (AS90739). We will implement this programme over 10 weeks. The exercise programme will culminate with everyone competing in the Christchurch SBS 10km run together on Sunday 31 May 2009 - Queen's Birthday weekend(AS90742). This whole experience will be reviewed extensively (AS90740).

Over the winter terms you will participate in a comprehensive aquatics programme at Aquagym pool. We will learn about the correct technique, have time to improve your own technique, and appraise your own performance – using knowledge of biomechanics to demonstrate your understanding (AS90741). By the end of this module, everyone will be a stronger swimmer than when they started the module (AS90742).

Finally, you will critically examine a health and fitness related issue facing our society and examine how it impacts on NZ society. You will examine what it means to think critically, and you will discuss factors that contribute to this issue. You will then independently examine this issue in depth and present your findings in the form of a written report (AS90743).

Further assessment opportunities

There are opportunities for reassessment in Achievement Standard 90742. In this standard there are 2 different contexts in which you can achieve the credits – 10km run and swimming medley. If you achieve credits in both units, you can take your best grade out of the two. If you miss the credits in one module, you can attempt to get them in the other one. This is a practical standard, and you can attempt it as many times as you wish to (under teacher supervision). Where a reassessment opportunity is offered it will be available to all eligible students regardless of the level of achievement in the first assessment.

On occasions when a small detail is missing in a written assignment, or a piece of a written assignment is ambiguous, the teacher may ask the student to add more material to the assignment or a “verbal” may be given to the student to clarify that the student understands the concept clearly. Explanation of what a “verbal” involves will be given in class.

Absence Authorisation

A student who is unavoidably absent from a qualifications assessment or unable to meet a scheduled submission date 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 from a parent/guardian.

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 3 Physical Education 2009 | | No of Credits | Assessment Type | Reassessment Opportunity | Timing | Result |
|---------------------------------|--|---------------|--|--|---|--------|
| AS 90739 v2 | Apply knowledge to plan a physical activity programme or experience. | 3 | Written assignment | No | Term 1, week 7 | |
| AS 90740 v3 | Explain, with supporting evidence, the effectiveness of a physical activity programme and its influence on hauora/wellbeing. | 3 | Practical participation and open book test | No | Term 2, week 7 | |
| AS 90742 v2 | Perform a physical activity to nationally developed performance standards. | 4 | Timed 10km run Timed swim | Yes – 10km run official race times In class swim sessions | Term 2, week 5, plus sanctioned race times until Term 4 week 4 Term 3, weeks 1-5 | |
| AS90741 v2 | Appraise performance and review a programme for performance improvement for self or others. | 5 | Practical skills review and written assignment | No | Part 1 Term 2, week 8 Part2 Term 3, week 5 | |
| AS 90743 v2 | Examine a current physical activity event, trend or issue impacting on NZ society. | 4 | Written assignment | No | Term 4, week 2 | |