



Level 1 Compulsory Physical Education - Programme of Learning 2025

Overview: Ākonga will participate in two periods a week of compulsory Physical Education. This course focuses on movement and wellbeing and offers ākonga the opportunity to experience and participate in a wide range of physical activities in a variety of contexts, in and out of their comfort zone. Ākonga will explore the Te Whare Tapa Whā model of health and understand how movement can influence this. Key competencies and the Rangi Graduate dispositions and values are embedded in all learning activities.

Achievement Standard Number	Subject reference	Version number	Topic/Title	Mode of Assessment	Credits	Topic assessment
92018	1.3	3	Demonstrate understanding of the influence of personal movement experiences on hauora	External	5	End of term 3

What qualification credits can be gained?

There is the opportunity to gain a total of **5 credits** in Physical Education towards Level 1 NCEA which will involve an external submission of work. Grades for the achievement standard include: Achieved, Achieved with Merit and Achieved with Excellence. The grade awarded is determined by the quality and depth of the work as measured against national standards.