

Level 1 Physical Education Optional - Programme of Learning 2025

Overview: Ākonga will explore the importance of how physical education makes a significant contribution to well-being (Hauora). They will learn in and through movement by developing physical skills and experiencing enjoyment. By looking at different perspectives through their participation in movement, they will develop a range of capabilities. By learning about how and why people move, ākonga come to understand what influences their own and others' movement.

Ākonga will explore what movement means to them through engaging in Māori, individual, team and sports activities. They will develop a range of movement strategies that will help them to achieve a movement outcome or goal. Ākonga will focus on improving their ability to work collaboratively in movement, and explore how te ao Māori, biophysical and sociocultural aspects influence movement. Through movement ākonga will investigate how the human body works to produce movement including anatomy, the biomechanics of movement and exercise physiology. Key competencies and the Rangi Graduate dispositions and values are embedded in all learning activities.

This course may include trips/activities that are charged to the ākonga's account.

Achievement Standard Number	Subject reference	Version number	Topic/Title	Mode of Assessment	Credits	Topic framework
92016	1.1	3	Apply movement strategies in an applied setting	Internal	5	Term 2
92017	1.2	3	Demonstrate understanding of the application of strategies in movement	Internal	5	Term 1
92019	1.4	2	Demonstrate understanding of influences on movement in Aotearoa New Zealand or the Pacific	External	5	Terms 3 & 4

What qualification credits can be gained?

There is the opportunity to gain a total of **15** credits in Physical Education towards Level 1 NCEA. Grades for each 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. All assessments will be submitted through Assignments on Teams.