

## Level 2 Physical Education - Programme of Learning 2025

**Overview:** Ākonga have the opportunity to learn through movement and develop an understanding of how skills are learnt, how the human body functions and methods and principles of training required to create a training programme. They will be given the opportunity to develop leadership skills through working with ākonga from Ferndale School. As part of the practical component, ākonga will participate in three physical activities to nationally developed performance standards. First up in Term 1 ākonga will participate in four surfing sessions. Ākonga will participate in a chosen activity where they will analyse the application of risk management strategies in this outdoor activity. 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 student's account.

Achievement Standard Number	Subject reference	Version number	Topic/Title	Mode of Assessment	Credits	Topic framework
91328	2.2	2	Demonstrate understanding of how and why biophysical principles relate to the learning of physical skills	Internal	5	Term 1
91329	2.3	2	Demonstrate understanding of the application of biophysical principles to training for physical activity	Internal	4	Term 2
91330	2.4	3	Perform a physical activity in an applied setting	Internal	4	Terms 1, 2, 3
91333	2.7	3	Analyse the application of risk management strategies to a challenging outdoor activity	Internal	3	Term 3, 4
91335	2.9	2	Examine the implementation and outcome(s) of a physical activity event or opportunity	Internal	3	Term 3

### What qualification credits can be gained?

There is the opportunity to gain a total of **19** credits in Physical Education towards Level 2 NCEA. All assessments are internally assessed and 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.