



Level 1 Applied Physical Education and Health Course Outline

Level 1 Applied Physical Education and Health is a **compulsory** two period a week course for all Year 11 ākongā. The programme and activities undertaken are flexible and learner centred. Learners are involved in the planning and timing of activities and can elect to lead various classes of their choosing. At the completion of this course it is hoped that ākongā have gained improved self-confidence, interpersonal skills, an appreciation of the importance of regular physical activity and an awareness of the vast array of activities that can be undertaken for physical benefit. Furthermore, we integrate the Rangi Graduate throughout the entire learning programme and help our ākongā to see how the different dimensions are essential for lifelong learning and personal development. Learners can complete two achievement standards concurrently for a total of 9 credits (Achievement Standard 1.1 and Achievement Standard 1.5). Assessment for these standards is made up of a practical component and 9 reflections. The 1.1 standard is a compulsory standard and focuses on effort and engagement in a range of activities. The 1.5 standard focuses on developing interpersonal skills and is optional. The practical aspects are assessed every lesson and recorded by the learners respective teacher. Reflections are completed by the ākongā in a mode of their choosing (onenote, prezi.com, padlet, video, voice overs or written) and submitted online. These are regularly reviewed by the teacher and need to meet a required level in order to pass the standard. Although not assessed, ākongā will also be undertaking approximately 5-10 hours of health-related learning. This will cover topics such as Pornography, Body Image, Sexuality and Alcohol.

Achievement Standard Number	Subject reference	Version number	Topic/Title	Mode of Assessment	Credits	L1 Literacy
90962	1.1	3	Participate actively in a variety of physical activities and explain factors that influence own participation	Internal	5	L1 Literacy
90966 (optional)	1.5	3	Demonstrate interpersonal skills in a group and explain how these skills impact on others	Internal	4	L1 Literacy