



## Level 1 Physical Education - Course Outline

Level 1 Physical Education is an **optional** 4 hour a week course for Year 11 ākonga. The focus of this course is on helping our learners to gain an understanding of the function of the body in relation to physical activity, develop strategies for improving performance and an understanding of societal influences on physical activity. Students also show an understanding of risk management strategies and will be required to describe how self-management effects participation in physical activity. The learning intentions of these are taught in a way that best meets the needs of the ākonga. Furthermore, we integrate the Rangi Graduate throughout the entire learning programme and help our ākonga to see how the different dimensions are essential for lifelong learning and personal development. All assignments and projects can be completed in a mode that best meets the learners needs (oral, written, prezi.com, video etc). The course is all internally assessed, and ākonga can complete up to 19 credits. Learners also complete three physical activities towards a 3-credit practical achievement standard. By the end of the course, ākonga will have gained a good understanding of physical education principles upon which will assist their own personal physical activity but will also provide grounding for Level 2 Physical Education.

Achievement Standard Number	Subject reference	Version number	Topic/Title	Mode of Assessment	Credits	L1 Literacy
90963	1.2	3	Demonstrate understanding of the function of the body as it relates to the performance of physical activity	Internal	5	L1 Literacy
90964	1.3	3	Demonstrate quality movement in the performance of a physical activity	Internal	3	
90965	1.4	3	Demonstrate understanding of societal influences on physical activity and the implications for self and others	Internal	4	L1 Literacy
90967	1.6	3	Demonstrate strategies to improve the performance of a physical activity and describe the outcomes	Internal	3	L1 Literacy
90968	1.7	3	Demonstrate and show understanding of, responsible behaviour for safety during outdoor education activities	Internal	3	L1 Literacy