

Level 2 Physical Education- Course Outline

Level 2 Physical Education is an optional 4 period a week course for Year 12 ākonga. Learners brainstorm their interests in learning at this level before deciding on common themes to explore and learn about. In general terms, ākonga gain a more in depth understanding of the biophysical principals as they relate to a) motor skill learning and b) fitness methods and principles. Learners also evaluate risk management strategies and are involved in the planning and implementing of a fitness programme for special needs students from Ferndale. The learning intentions of these are taught in a way that best meets the needs of 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 any mode (oral, written, prezi.com, video etc) if they meet the requirements of the task. The course is all internally assessed, and ākonga can complete a maximum of 19 credits. Students also complete three practical's towards a 4 credit practical achievement standard. By the end of the course, learners will have gained a good understanding of biophysical principles, an in-depth understanding of fitness methods and principles, improved interpersonal and leadership skills and greater physical competency and literacy skills.

Achievement Standard Number	Subject reference	Version number	Topic/Title	Mode of Assessment	Credits	Literacy
91328	2.2	2	Demonstrate understanding of how and why biophysical principles relate to the learning of physical skills	Internal	5	L2 Literacy
91329	2.3	2	Demonstrate understanding of the application of biophysical principles to training for physical activity	Internal	4	L2 Literacy
91330	2.4	3	Perform a physical activity in an applied setting	Internal	3	
91333	2.7	2	Analyse the application of risk management strategies to a challenging outdoor activity	Internal	3	L2 Literacy
91335	2.9	2	Examine the implementation and outcome(s) of a physical activity event or opportunity	Internal	3	L2 Literacy

