

Year 11 Physical Education

INTERNAL					
Standard Number		Description	Credits	Lit	Num
90963	(1.2)	Describe the function of the body as it relates to the performances of physical activity.	5	Yes	
90964	(1.3)	Demonstrate quality movement in the performance of a physical activity.	3		
90965	(1.4)	Demonstrate understanding of societal influences on physical activity and the implications for self and others.	4	Yes	
90966	(1.5)	Demonstrate interpersonal skills in a group and explain how these skills impact on others.	4	Yes	
90967	(1.6)	Demonstrate strategies to improve the performance of a physical activity and describe the outcomes.	3	Yes	
90968	(1.7)	Demonstrate and show responsible behaviour for safety during outdoor education activities.	3	Yes	
90962*	(1.1)	<i>Participate actively in a variety of physical activities and explain factors that influence own participation.</i>	5		
TOTAL CREDITS AVAILABLE:			27		

Year 12 Physical Education

INTERNAL					
Standard Number		Description	Credits	Lit (Level 1)	Num
91328	(2.2)	Movement Analysis: Demonstrate understanding of how and why biophysical principles relate to the learning of physical skill	5	Yes	
91329	(2.3)	Train Me: Demonstrate understanding of the application of biophysical principles to training for and event	4	Y	
91330	(2.4)	How good am I?: Perform physical activity in an applied setting	4	N	
91331	(2.5)	Society: Examine the significance for self, others and society of a sporting event, a physical activity, or a festival	4	Y	
91333	(2.7)	Risk Management: Analyse the application of risk management strategies to a challenging outdoor activity	3	Y	
91336	(2.10)	Interaction: Analyse group processes in a physical activity	3	Y	

Year 13 Physical Education

INTERNAL						
Standard Number		Description	Credits	UE	Lit Level 1	Num
91498	3.1	Evaluate physical activity experiences to devise strategies for lifelong well-being (in 2021 this could be offered as an extra assessment opportunity)	4		Yes	Yes
91499	3.2	Analyse a physical skill performed by self & others	3		Yes	
91502	3.4	Demonstrate quality performance of a physical activity in an applied setting (in 2021 this standard will be offered twice)	4			Yes
91502	3.5	Examine a current physical activity event, trend, or issue and its impact on New Zealand society	4	Reading	Yes	
91504	3.7	Analyse issues in safety management for outdoor activity to devise safety management strategies	3	Reading	Yes	
91789	3.9	Devise strategies for a physical activity outcome (<i>OPTIONAL</i>)	4			
Total:			18 + 4			

Year 11 Health

INTERNAL					
Standard Number		Description	Credits	Lit (Level 1)	Num
90971 v3 Internal	1.1	Enhancing My Well-Being: Take action to enhance an aspect of personal well-being	3	Yes	
91097 v3 Internal	1.3	Onwards and Upwards: Demonstrate understanding of ways in which well-being can change and strategies to support well-being	4	Yes	
90973 v3 Internal	1.4	Leadership: Demonstrate understanding of interpersonal skills used to enhance relationships	5	Yes	
AS90974 v5	1.5	Sexuality: Demonstrate understanding of strategies for promoting positive sexuality	4	Yes	
90975 v3 External	1.6	External Examination Demonstrate understanding of issues to make health-enhancing decisions in drug related situations	4	Yes	
TOTAL CREDITS AVAILABLE:			20		

Year 12 Health

Standard Number		Description	Credits	Lit (Level1)	Num
91235 External	2.1	Analyse an adolescent health issue	5	Yes	
91236 Internal	2.2	Evaluate factors that influence people's ability to manage change	5	Yes	
91237 Internal	2.3	Take action to enhance an aspect of people's well-being within the school or wider community	5	Yes	
91239 Internal	2.5	Analyse issues related to sexuality and gender to develop strategies for addressing the issues	5	Yes	
TOTAL CREDITS AVAILABLE:			19		

Year 13 Health

Standard Number		Description	Credits	UE literacy	Lit Level 1	Num
91461 Internal	(3.1)	Analyse a New Zealand health issue	5	Reading	Yes	
91462 External	(3.2)	<u>External Examination</u> Analyse an international health issue	5	Reading	Yes	
91463 Internal	(3.3)	Evaluate health practices currently used in New Zealand	5	Reading	Yes	
91464 Internal	(3.4)	Analyse a contemporary ethical issue in relation to well-being	4	Reading	Yes	
TOTAL CREDITS AVAILABLE:			19			

Year 11 Sports Studies

(Number)		INTERNAL	Credits	Lit	Num
90962	1.1	Participate actively in a variety of physical activities and explain factors that influence own participation	5		
90964	1.3	Demonstrate quality movement in the performance of a physical activity	3		
90966	1.5	Demonstrate interpersonal skills in a group and explain how these skills impact on others	4	Yes	
90967	1.6	Demonstrate strategies to improve the performance of a physical activity and describe the outcomes	3	Yes	
90968	1.7	Demonstrate, and show understanding of, responsible behaviour for safety during outdoor education activities	3	Yes	
90970	1.9	Demonstrate self-management strategies and describe the effects on participation in physical activity.	3	Yes	
TOTAL CREDITS AVAILABLE			21		

Year 12 Sports Studies

(Number)	INTERNAL	(Credits)	Lit Level 1	Num
22770 v2	Nature of Sport	4		
467 v5	ABL Adventure Based Learning	3		
21649 v2	Body in Motion	3		
425 v6	Tramping	3		
AS91336	2.10 Interaction	3	Yes	
AS91333	2.7 Risk Factors (with tramping)	3	Yes	
AS91330	2.4 Physical performance (Turbo Touch)	4		
TOTAL CREDITS AVAILABLE		23 credits		

Year 13 Sports Studies

INTERNAL		
Standard Number	Description	Credits
US 30933 v1	Demonstrating Exercise and Stretching Techniques	L3 5
US 22771 v3	Plan a beginner level coaching session for sport participants	L3 6
US 22768 v1	Conduct and review a beginner level coaching session	L3 6
AS 91501 v1	Demonstrate Quality Performance	L3 4
US 20673 v3	Sports Injuries	L3 5
		Total 26