COURSE OUTLINE 2018

Subject and Level:
Year 12 Physical Education (NCEA Level 2)

Course Prerequisites:

Academic requirements: Students must have 14 credits from Level 1 PE, or HoD PE approval.
Other requirements: Students must wear the correct LPHS PE uniform during practical lessons. An interest in physical activity, sport and a desire to learn and improve themselves is essential.
Subject fees: $25 for course booklets, Snowboarding trip $450 approx.

Aims:

Students will gain knowledge, skills and experience to:
- Participate in a variety of physical activities and sports
- Develop leadership and interpersonal skills
- Understand basic body functions, including physiology, biomechanics and anatomy and how they influence performance in physical activity
- Demonstrate and explain safety practice during physical activities in the outdoors
- Examine skill-learning principles and psychological skills in relation to improving at a physical activity
- Plan, apply and review leadership strategies in a group or team physical activity

Course Content:

Physical Education at Logan Park is a broad subject area that includes topics and assessments from measures of performance, learning about functional anatomy, physiology, and biomechanics, to learning about leadership strategies and designing exercise programmes. Unlike an increasing number of Physical Education courses in different Secondary Schools in New Zealand, we are very conscious of the amount of time students spend sitting down, and so work hard to design lessons that teach theory through practical’s. This course requires students to be proactive in their approach to application and understanding of concepts around which the subject is organised. It is an academic subject which will have a ratio of 2 theory and 2 practical lessons (TBC).

Assessment:

All Achievement Standard assessments are internally assessed. Assessments are catered to meet the needs of the individuals in the class. Options for varied assessment form exist, including verbal, video, blogs, presentations and written assessments. Individual learning programmes are designed to ensure students are successful, and opportunities are available for students to complete Unit Standards (where appropriate).

Where can this take you?
Completing Year 12 Physical Education can lead to Year 13 Physical Education. Entry to Physical Education at Otago University requires good grades in Year 12 Physical Education. A Bachelor in Physical Education can lead to teaching, personal training, exercise science, sports management and coaching.

Appeal procedures:
The PE Department follows the approved LPHS Assessment Appeals procedure.

Contact for further inquiries:
Mr Kain wk@lphs.school.nz
<table>
<thead>
<tr>
<th>AS No</th>
<th>Standard Title</th>
<th>Credits</th>
<th>Internal / External</th>
<th>Format</th>
<th>Indicative Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.2</td>
<td>AS91328 V2 Demonstrate understanding of how biophysical principles relate to the learning of physical skills</td>
<td>5</td>
<td>Internal</td>
<td>Option for Written or video assessment</td>
<td>Completed by the end of Term 2</td>
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<tr>
<td>2.3</td>
<td>AS91329 V2 Demonstrate understanding of the application of biophysical principles to training for physical activity.</td>
<td>4</td>
<td>Internal</td>
<td>Option for Written or video assessment</td>
<td>Completed by end of Term 1</td>
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<tr>
<td>2.4</td>
<td>AS91330 V3 Perform a physical activity in an applied setting</td>
<td>4</td>
<td>Internal</td>
<td>Practical performances of skills in Athletics and Snowboarding</td>
<td>Term 1 and Term 3</td>
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<tr>
<td>2.6</td>
<td>AS91332 V2 Demonstrate understanding of leadership strategies that contribute to the effective functioning of a group.</td>
<td>4</td>
<td>Internal</td>
<td>Option for Written or video assessment</td>
<td>Completed by end of Term 3</td>
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<tr>
<td>2.7</td>
<td>AS91333 V2 Demonstrate understanding of the application of risk management strategies to a challenging outdoor activity.</td>
<td>3</td>
<td>Internal</td>
<td>Option for Written or video assessment</td>
<td>Completed by end of Term 3</td>
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</tbody>
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**Note:** All assessments are internally assessed