

ROTOTUNA SENIOR HIGH SCHOOL

COURSE OUTLINE



COURSE INFORMATION

EXPLORE PHYSICAL, OUTDOOR AND HEALTH EDUCATION	EXHPE	2026	HEALTH AND PHYSICAL EDUCATION
HE AHA TE WHAKAMAARAMATANGA O TEENEI MARAU? - <i>WHAT IS THIS COURSE ABOUT?</i>			
The Health and Physical Education EXPLORE course delves into the crucial role that physical activity plays in the lives of rangatahi across New Zealand. It highlights the significance of engaging with the unique outdoor environments of Aotearoa, exploring how these experiences shape physical, mental, spiritual, and social well-develop being.			
Furthermore, we will investigate the biophysical principles (anatomy, physiology, biomechanics and psychology) underpinning physical skill development, offering a comprehensive understanding of how these principles enhance learning and performance in various sports and activities.			
In addition, we'll critically evaluate the factors that influence an individual's ability to manage change, with a specific focus on health and well-being. Through this exploration, aakonga will gain valuable			

insights into the interplay between physical activity, skill acquisition, and the dynamic nature of personal growth and resilience.		
HE AHA TAAKU E AKO AI? - WHAT TYPES OF LEARNING ACTIVITIES WILL I DO?		
Class Discussion - Small Group Work - Cross Class Competitions - Practical Implementation of Theory - Practical Participation in Sport and Recreational Activity - EOTC		
EOTC OPPORTUNITIES & COMMUNITY CONNECTION	PATHWAYS	COURSE REQUIREMENTS (IF APPLICABLE)
Overnight Raglan Trip Mountain Biking	PREFERRED PRIOR LEARNING: N/A LEADS ON TO (FURTHER STUDY): Specialist OED, Specialist Sport Science, Specialist Sport & Recreation, Specialist Health,Mastery OED, Mastery Sport Science, Mastery Sport & Recreation, Mastery Health	P.E Uniform

ASSESSMENT OPPORTUNITIES

STANDARD(S)													
ESTIMATED DUE DATE	STANDARD & VERSION		NCEA SUBJECT	LEVEL	STANDARD TITLE	CREDIT TOTAL	LIT	NUM	UE R	UE W	I/E	ASSESSMENT MODE	FURTHER ASSESSMENT OPPORTUNITY
End of Term 1	AS92008	4	Health	1	Demonstrate understanding of hauora in a health-related context through the application of a model of health	5	NO	NO	NO	NO	I	Written	N
End of Term 2	AS92016	3	Physical Education	1	Apply movement strategies in an applied setting	5	NO	NO	NO	NO	I	Written	N
End of Term 3	AS91327	3	Physical Education	2	Examine the role and significance of physical activity in the lives of young people in New Zealand	3	NO	NO	NO	NO	I	Written/Oral	N
SUBJECT ENDORSEMENT AVAILABLE / NOT AVAILABLE					SUBJECT CREDIT TOTAL	10(13)	NOT - UE APPROVED						

FREQUENTLY ASKED QUESTIONS

- What happens if I am struggling to meet a deadline?
 - If you have a legitimate reason, you can apply for an extension. More information and the extension form can be found [here](#).
- Can I use AI in my assignments?
 - Usually not for assessed work, but on occasion, yes, depending on what stage of the assignment you are at. Using AI can often result in a [breach of NCEA rules](#). Please read [the Authenticity section](#) on Te Hinaki carefully and ask your teacher for guidance before you use AI.
- Can I get a resubmission on assessments?
 - Resubmissions may be offered if, in the opinion of the teacher assessing it, you are close to the Achieved grade boundary. More information about this can be found [here](#).
 - If you think there has been a mistake with how your assignment has been graded, there is an appeals process you can follow. Go [here](#) for more information.
- What’s the difference between a RESUBMISSION and a FURTHER ASSESSMENT OPPORTUNITY?
 - A **resubmission** may be offered by your teacher after an assessment has been marked if, at the teacher’s discretion, your work was given NOT ACHIEVED but is close to the ACHIEVED boundary. A resubmission will allow you to do extra work for a short period of time (usually about an hour), without any further teaching, to bring the grade from a NOT ACHIEVED to an ACHIEVED. No higher grade than this is possible for a resubmission.
 - A **further assessment opportunity** is a brand-new assessment task for a Standard that is offered to students after further teaching has occurred. This is offered to all students in the course, although not everyone is obliged to take it up. The higher of the two grades will be reported to NZQA. Because further assessment opportunities require extra teaching time and extra time to complete the assessment, it is often not feasible for further assessment opportunities to be offered.