



AOTE A COLLEGE

NCEA Course Outline 2024



Course title:	Level 3 Physical Education
NCEA level(s):	3
Course Code:	PED300

Goals

The goals of this course are:

- Students take ownership of their own learning and select standards and contexts to suit their own learning.
- To increase personal confidence in physical skills for games, sport and other physical activities.
- To increase understanding of the body and scientific concepts which affect how we move.
- To increase understanding and application of biophysical skills to improve performance.
- To increase communication and teamwork skills and apply these in physical settings as a participant and as a leader.
- To understand contemporary leadership principles and their relevance and suitability for physical activity contexts.
- To increase knowledge of well-being and develop lifelong strategies for participation in physical activity.
- To increase understanding of socio-cultural factors, and improve decision making, critical thinking and evaluation skills.

Assessment

Achievement Standards

- Achievement Standard 3.1 (91498v2) Evaluate physical activity experiences to devise strategies for lifelong wellbeing (4 credits)
- Achievement Standard 3.3 (91500v2) Evaluate the effectiveness of a performance improvement programme. (4 credits)
- Achievement Standard 3.4 (91501v2) Demonstrate quality performance of a physical activity in an applied setting. (4 credits)
- Achievement Standard 3.8 (91505v2) Examine contemporary leadership principles applied in physical activity contexts. (4 credits)

Unit Standards

- US 22771 - Plan beginner-level coaching sessions for sport participants (6 credits)
- US 31677 - Coach beginner-level participants through skill development activities for a selected sport (4 credits)
- US 31678 - Review coaching of beginner level participants through skill development activities for a selected sport (4 Credits)
- US 31384 - Demonstrate knowledge of the industry and rules for a selected sport (5 credits)
- US 31387 - Describe the application of rules and strategies for officiating at sports events for a selected sport (7 credits)
- US 21644 - Review personal performance as an official of a sports event (3 credits)
- US 30935 - Develop and implement an exercise plan for personal physical fitness (5 credits)

Course Endorsement

Course endorsement with **Merit** or **Excellence** is possible.

Assessment Achievement Standard summary

NZQF Standard Code	Level	Standard Title	Credits	Is this a UE Literacy reading standard? (Yes or No)	Is this a UE Literacy writing standard? (Yes or No)	Assessment type (External or Internal)	Is re - assessment available? (Yes or No)	Grade Record
91498v2	3	Evaluate physical activity experiences to devise strategies for lifelong wellbeing	4	N	N	Internal	No	
91500v2	3	Evaluate the effectiveness of a performance improvement programme	4	N	N	Internal	No	
91501v2	3	Demonstrate quality performance of a physical activity in an applied setting.	4	N	N	Internal	Yes	
91789v2	3	Devise strategies for a physical outcome	4	Y	N	Internal	No	
915305 v2	3	Examine contemporary leadership principles applied in physical activity contexts	4	Y	N	Internal	Yes	

Topic outline (in teaching order)

Topic	NZQF Standard Code	Content	Teaching Time
Junior PE and Primary School Leadership / Coaching	91505 v2 (3.8) OR 22771 31677 31678	Examine contemporary leadership principles applied in physical activity contexts Or Growing Youth Coaches Award - Plan beginner-level coaching sessions for sport participants (6 credits) - Coach beginner-level participants through skill development activities for a selected sport (4 credits) - Review coaching of beginner level participants through skill development activities for a selected sport (4 Credits)	Term 1 Assessment wk 10
Badminton/Volleyball/ Individual fitness	91500v2 (3.3) Or 30933	Take part in a badminton performance/fitness improvement programme over 6 weeks. Evaluate the effectiveness of the program including the impact of socio-cultural factors.	Term 2 wk 8
Rangituhi Walk	91789 v2 (3.9) OR US30935	Devise Strategies for a physical activity outcome (4 credits) Or	Term 3 wk 7
Badminton/Turbo Touch/Individual Sport	91501v2 (3.4)	Demonstrate quality performance of a physical activity in an applied setting (4 credits)	Term 1 Wk 10 and 4 Wk 2
Experience, Reflect, Act	9149v2 (3.1)	Evaluate physical activity experiences to devise strategies for lifelong wellbeing	Term 3 and 4

Internal Assessment Timeline 2024

	Term 1 02 Feb - 12 Apr	Term 2 29 Apr - 05 Jul	Term 3 22 Jul - 27 Sep	Term 4 14 Oct - 8 Dec
Week 1	Mon 29 Jan <i>Course Confirmation Week</i> <i>Year 9 Powhiri 01/02</i>	Mon 29 Apr	Mon 22 Jul	Mon 9 Oct
Week 2	Mon 05 Feb <i>Waitangi observed 06/02</i>	Mon 06 May	Mon 29 Jul	Mon 21 Oct <i>Regional Teacher Only Day 25/10</i>
Week 3	Mon 12 Feb	Mon 13 May	Mon 05 Aug	Mon 28 Oct <i>Labour Day Mon 28 Oct</i> <i>Seniors Last Day Wed 30/10</i>
Week 4	Mon 19 Feb	Mon 20 May	Mon 12 Aug	Mon 04 Nov <i>NCEA Exams Start Tue 05 Nov</i>
Week 5	Mon 26 Feb <i>Goal Setting day 01/03</i>	Mon 27 May <i>Fri 31/05 Regional Teacher Only Day</i>	Mon 19 Aug	Mon 11 Nov
Week 6	Mon 04 Mar	Mon 03 Jun <i>Mon 03/06 King's Birthday</i>	Mon 26 Aug <i>Course Selection Day</i>	Mon 18 Nov
Week 7	Mon 11 Mar	Mon 10 Jun <i>Wed 13/06 Open Evening</i>	Mon 02 Sep <i>Winter Tournament Week</i>	Mon 25 Nov <i>NCEA Exams Finish 29 Nov</i>
Week 8	Mon 18 Mar <i>Summer Tournament Week</i>	Mon 17 Jun <i>Fri 28/06 Matariki</i>	Mon 09 Sep Derived Grade Exams	Mon 02 Dec
Week 9	Mon 25 Mar <i>Good Fri 29/03</i>	Mon 24 Jun	Mon 16 Sep	Mon 09 Dec <i>Last day for Juniors 07/12</i>
Week 10	Mon 01 Apr <i>Easter Monday 01/04</i> <i>Easter Tuesday 02/04</i>	Mon 01/07	Mon 23 Sep	

Week 11	Mon 08 Apr			
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