

## 8. PHYSICAL EDUCATION

PHYSICAL EDUCATION

LEVEL 1

1PEDU

**Requirements for entering the course:**

**FEE: Nil**

- Excellence in the PE Theory test
- A good standard of written English
- A positive attitude and commitment to bringing approved PE Gear.

Or the approval of the HOD.

This course is approximately **half theory** and **half practical**. It covers athletics and skill development, teaching primary school students, understanding how the body functions, fair play and teamwork, and issues in sport.

There is considerable written work related to the assessments.

***This course can generate 26 Level 1 internal Achievement Standard Credits***

PHYSICAL EDUCATION

LEVEL 2

2PEDU

**Requirements for entering the course:**

**FEE: Some costs for trips**

17 Credits in Level 1 Physical Education

**OR** with the permission of the HOD

Follows on in greater depth from Level 1 PEDU with more emphasis on exercise, health and fitness. The leadership unit involves working with primary school students over an extended period. Practical assessments are covered in basketball and triathlon.

***This course can generate 21 Level 2 internal Achievement Standard Credits***

PHYSICAL EDUCATION

LEVEL 3

3PEDU

**Requirements for entering the course:**

**FEE: Nil**

Passing 4 out of 6 Achievement Standards at Level 2,

**OR** with the permission of the HOD Physical Education

Students will develop a personal exercise programme and follow it for 8 weeks. Students will develop skills in tennis and basketball and apply biomechanics and motor learning principles to improve and analyse them. The leadership unit involves working with junior students in a range of activities.

***This course can generate 20 Level 3 internal Achievement Standard Credits***

PHYSICAL EDUCATION

LEVEL 1

1PEDS

AND SPORT

**Requirements for entering the course**

**FEE: Nil**

Any student who is willing to work positively in all activities regardless of ability levels.

A positive attitude and commitment to bringing approved PE gear.

This course is for students who want to have the maximum amount of practical time. It is not designed to lead to university. It covers athletics, basketball, fitness and gymnastics, and involves teaching touch and soccer to primary school students. There is a basic theory

component that relates to all the practical work. There is a strong emphasis on developing positive attitudes towards working with others and accepting responsibility, which are key requirements in any area of future employment.

***This course can generate 15 Level 1 internal Unit Standard Credits***

PHYSICAL EDUCATION AND SPORT	LEVEL 2	2PEDS
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**Requirements for entering the course:**

**FEE: Nil**

Completing either Level 1 PEDU or 1PEDS course to a satisfactory standard, including results and attitude,  
**OR** permission of the HOD Physical Education

***This course can generate 16 Level 2 internal Unit Standard Credits***

PHYSICAL EDUCATION AND SPORT	LEVEL 3	3PEDS
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**Requirements for entering the course:**

**FEE: Nil**

Satisfactory completion of either Level 2 PEDU or PEDS to a satisfactory standard including results and attitude  
**OR** with permission of the HOD Physical Education

This is a practically based course with related theory work. It covers a wide range of activities with assessments in basketball and tennis. There is a strong emphasis on the development of physical fitness for improving both sports performance and general health throughout the year

***This course can generate 17 Level 3 internal Unit Standard Credits***

OUTDOOR EDUCATION	LEVELS 2 & 3	2ODED
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**Requirements for entering the course:**

**FEE: \$250 (plus trip costs)**

Entry will be based on the student's willingness to become fully involved in all activities, including out-of-school trips, in a positive and co-operative manner. Any student who is interested will need final approval from the Teacher in Charge, Mr Williams.

A deposit of \$100 is needed to confirm a place in the class. This needs to be paid before the end of the senior school year in 2009. The balance must be paid before the student can begin in the class in 2010. The total cost for the year will be approximately \$750.

Students will also be expected to be available for class on Wednesday or Monday afternoons until 6 pm in Terms 1 and 2 for kayaking and sailing.

The course is open to Year 12 and Year 13 students and will comprise a combination of Level 2 and 3 credits. These assessments will be in the context of outdoor activities such as bush craft, snow craft, kayaking, high ropes and sailing.

Over the year there will be a number of trips and camps and the course is a great opportunity for anyone wanting to develop outdoor skills and/or looking to seek employment in the outdoor industry.

***This course can generate 31 Level 2 and 12 Level 3 Credits. (This may change depending on the activities undertaken.)***