

**Queen Margaret College**  
**Year 11 Physical Education Programme 2019**  
**Level 6 of the New Zealand Curriculum**

Standard Number	Achievement Standard Title	Credits	Internal / External	Proposed assessment date
AS90974, 1.5	Strategies for promoting positive sexuality.	4	Internal	30 April
AS90963, 1.2	Improving wellbeing-performance.	5	Internal	3 July
AS90964, 1.3	Performance.	3	Internal	25 October
AS90962, 1.1	Getting stuck in.	5	Internal	13 September

### Course details

The Physical Education programme encourages students to participate in a variety of activities and allows the application of knowledge in both practical and written contexts. Students will be internally assessed to gain 17 credits for Level 1 NCEA. Some areas of focus include: explaining factors that influence participation in a variety of sports including badminton, lacrosse, floorball, and ultimate Frisbee; demonstrating quality movement; explaining how biophysical principle's impact performance in volleyball; and using interpersonal skills in a team situations such as tchoukball. This is a positive, motivating course that will inspire students to develop a lifestyle that includes physical activity.

The Health Education unit focusses around current issues surrounding sexuality, ways of dealing with issues, factors that influence people and communities, support networks and ways of making health-enhancing decisions.

Technology will be used throughout the year in this course and there are apps that would be beneficial to have on their devices. This is an additional cost to you and is optional.

- QR code reader apps: i-nigma (free), QR Reader (free) or any other QR code reader app,
- iMuscle 2 (\$4.49)
- Essential Skeleton 4 (free)

### Course Information

- Year 11 Physical Education is a compulsory subject
- Correct uniform to be worn per term. Failure to do so will result in the following:
  - 1<sup>st</sup> time a warning
  - 2<sup>nd</sup> time a PE detention
  - 3<sup>rd</sup> time a Deans detention
  - Please note that incorrect uniform may effect grades. NCEA criteria states 'that students must be prepared and ready for lessons.'

### Homework expectations

Your daughter should be learning at home for a total of at least 10 hours per week, across all subjects.

To achieve at a high level in this subject, students are expected to complete some homework during the week. Homework might include:

- Making notes from practical lessons to help with theoretical application of knowledge
- Extra skill practice
- Written assignments