

Queen Margaret College
Year 12 Physical Education Programme 2019
Level 7 of the New Zealand Curriculum

Standard Number	Achievement Standard Title	Credits	Internal / External	Proposed assessment date
AS91328, 2.2	Basketball Free throw	5	Internal	3 July
AS91329, 2.3	Improving wellbeing-performance	4	Internal	31 May
AS91330, 2.4	Touch Guy and Girl Challenge	4	Internal	24 May
AS91332, 2.6	Applying Leadership	4	Internal	16 September
AS91336, 2.10	Let's do it together – group processes	3	Internal	8 March

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 20 credits for Level 2 NCEA. Some areas of focus include: explaining the biophysical principles and the impact on performance; performance in a nationally developed event; and leadership tasks with a Middle School class. This is an enriching course offering students the ability to develop skills and knowledge around: their own fitness; understand the importance of living a balanced and healthy lifestyle; as well as empowering the students to develop the knowledge and interpersonal skills which will enable them to interact sensitively with other people and cultures.

Course Information

- A mixture of practical and written work
- 20 credits offered
- Individual and group work assessed
- A variety of training venues utilised around the city
- Performance standard (Tough Guy and Tough Girl Challenge) - \$55 course related cost is to cover the cost of the entry and transport.
- Correct QMC PE gear to be worn during practical lessons

Homework expectations_

Your daughter should be learning at home for a total of at least 15 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:

- Reading and researching a variety of texts_
- Completion of assignments
- Following physical training programmes