

Queen Margaret College
Year 13 Physical Education Programme 2019
Level 8 of the New Zealand Curriculum

Standard Number	Achievement Standard Title	Credits	Internal / External	Proposed assessment date
AS91503, 3.6	Health promotion – with junior school.	5	Internal	4 April
AS91502, 3.5	Examine current activity/trend/event.	4	Internal	26 September
AS91499, 3.2	Analyse a physical skill by self or others.	3	Internal	4 July
AS91501, 3.4	Performance – Turbo Touch/ Tough Guy and Girl Challenge.	4	Internal	25 October
AS91500, 3.3	Performance Improvement programme – Turbo Touch/Tough Guy and Girl Challenge.	4	Internal	4 July

Course details

This course allows the learner to put into practice all the knowledge they have gained in the 3 levels of Physical Education and apply it in a range of practical situations where they can experience the outcomes for themselves. While it is not essential, it is beneficial to have had previous experience from the Level 2 course. Areas of learning include: developing skills in a range of sporting areas and participating in an organised commercial endurance event; analysing their own level of skill in a chosen physical activity and putting together a programme to improve performance; and exploring issues surrounding participation in physical activity and the barriers and enablers that lead New Zealanders to be able to participate in various physical activity. There is also an optional New Zealand Scholarship research report for motivated students to attempt during the year. Special tutorials will be run for students aiming for Scholarship at different times throughout the year.

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
- Students must sign out of school when leaving for training
- Performance standard can be assessed at Tough Guy and Girl Challenge on 26 May (optional) otherwise it will be assessed at school through Turbo Touch
- Correct QMC PE gear to be worn during practical lessons
- Optional Standard (91498) will be on offer in term 4

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)

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