

# Physical Education

Course	Standard	Credits	Form of Assessment	Literacy/ Numeracy	
<b>Year 11 PE</b>  This course is a mix of practical and theory. Topics include Anatomy and Physiology, Biomechanics, Skill Learning and Participation. Compulsory for Year 12 & 13 PE.	90962	Physical Education 1.1 - Participate actively in a variety of physical activities and explain factors that influence own participation	5	Internal	
	90963	Physical Education 1.2 - Demonstrate understanding of the function of the body as it relates to the performance of physical activity	5	Internal	L1 Lit
	90964	Physical Education 1.3 - Demonstrate quality movement in the performance of a physical activity	3	Internal	
	90967	Physical Education 1.7 - Demonstrate, and show understanding of, responsible behaviour for safety during outdoor education activities	3	Internal	L1 Lit
	90970	Physical Education 1.9 - Demonstrate self management strategies and describe the effects on participation in physical activity	3	Internal Lit	L1
<b>Year 12 PE</b>  This course is continuation from Level 1 PE with a mix of practical and theory. Topics include Anatomy and Physiology, Biomechanics, and Leadership. This course includes a Tough Guy/Girl Challenge. Compulsory for Year 13 PE.	91328	Physical Education 2.2 - Demonstrate understanding of how and why biophysical principles relate to the learning of physical skills	5	Internal	L1 Lit
	91329	Physical Education 2.3 - Demonstrate understanding of the application of biophysical principles to training for physical activity	4	Internal	L1 Lit
	91330	Physical Education 2.4 - Perform a physical activity in an applied setting	4	Internal	
	91332	Physical Education 2.6 - Evaluate leadership strategies that contribute to the effective functioning of a group	4	Internal	L1 Lit
<b>Year 13 PE</b>  This course is continuation from Level 2 PE with a mix of practical and theory. Topics include Performance, Skill Analysis, and Training Programmes to develop skills. This course includes a Tough Guy/Girl Challenge. Students <b>must</b> have taken Level 2 PE.	91499	Physical Education 3.2 - Analyse a physical skill performed by self or others	3	Internal	L1 Lit
	91501	Physical Education 3.4 - Demonstrate quality performance of a physical activity in an applied setting	4	Internal	Num
	91502	Physical Education 3.5 - Examine a current physical activity event, trend, or issue and its impact on New Zealand society	4	Internal	L1 Lit,
	91789	Physical Education 3.9 - Devise strategies for a physical activity outcome	4	Internal	

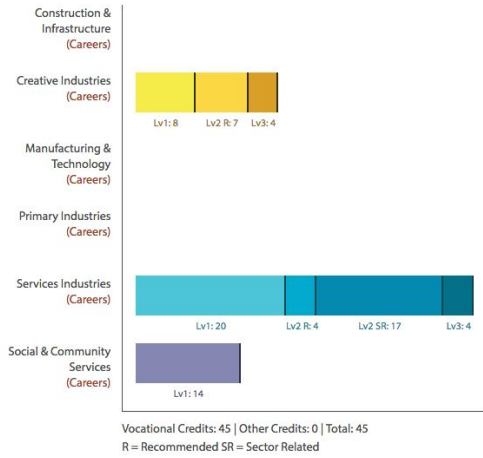
# Health

Course	Standard	Credits	Form of Assessment	Literacy/ Numeracy	
<b>Year 11 Health</b>  This course looks at a range of health issues faced by Young people. Topics include Relationships, Well-Being, Sexuality and Healthy decision making.	90971	Health 1.1 - Take action to enhance an aspect of personal well-being	3	Internal	L1 Lit
	90974	Health 1.5 - Demonstrate understanding of strategies for promoting positive sexuality	4	Internal	L1 Lit
	90975	Health 1.6 - Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations	4	External	L1 Lit
	91097	Health 1.3 - Demonstrate understanding of ways in which well-being can change and strategies to support well-being	4	Internal	
<b>Year 12 Health</b>  Students who take this course will look at issues in more depth and how to manage those issues. Topics may include Young Health Issues, Managing Change, Personal Safety and Sexuality.	91235	Health 2.1 - Analyse an adolescent health issue	5	External	L1 Lit
	91236	Health 2.2 - Evaluate factors that influence people's ability to manage change	5	Internal	L1 Lit
	91237	Health 2.3 - Take action to enhance an aspect of people's well-being within the school or wider community	5	Internal	L1 Lit
	91239	Health 2.5 - Analyse issues related to sexuality and gender to develop strategies for addressing the issues	5	Internal	L1 Lit
<b>Year 13 Health</b>  This course will look at issues both here in New Zealand and around the World. Students will evaluate Health Promotion models and practices. Students can potentially gain UE Literacy through Health.	91461	Health 3.1 - Analyse a New Zealand health issue	5	Internal	L1 Lit,
	91462	Health 3.2 - Analyse an international health issue	5	External	L1 Lit,
	91463	Health 3.3 - Evaluate health practices currently used in New Zealand	5	Internal	L1 Lit,
	91464	Health 3.4 - Analyse a contemporary ethical issue in relation to well-being	4	Internal	L1 Lit,

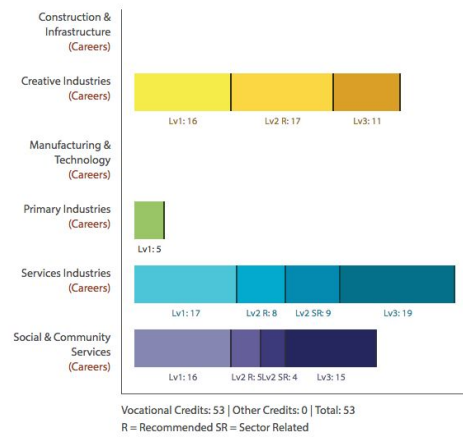
# Outdoor

Course	Standard	Credits	Form of Assessment	Literacy/ Numeracy	
<b>Year 11 Outdoor</b> This course is a mix of outdoor experiences and fitness activities. It is a Unit Standard based course. Topics may include Mountain Biking, Personal Fitness and Rock Climbing.	505	Manage personal physical fitness with guidance	3	Internal	
	20137	Mountain bike on easy to intermediate terrain	1	Internal	
	90962	Physical Education 1.1 - Participate actively in a variety of physical activities and explain factors that influence own participation	5	Internal	
	90964	Physical Education 1.3 - Demonstrate quality movement in the performance of a physical activity	3	Internal	
	90968	Physical Education 1.7 - Demonstrate, and show understanding of, responsible behaviour for safety during outdoor education activities	3	Internal	L1 Lit
<b>Year 12 Outdoor</b> Students will experience a wide range of activities. It is a Unit Standard based course. Topics may include Tramping, Camping, Mountain Biking and Performance in an Event. <b>There is a COMPULSORY Topec Trip.</b>	425	Experience day tramps	3	Internal	
	426	Experience camping	3	Internal	
	457	Mountain bike on intermediate to expert terrain	2	Internal	
	459	Complete a cycle tour	3	Internal	
	485	Demonstrate rafting skills on sheltered or slow-moving water	3	Internal	
	21794	Demonstrate, instruct, and monitor static stretching	3	Internal	
	91330	Physical Education 2.4 - Perform a physical activity in an applied setting	4	Internal	
<b>Year 13 Outdoor</b> Students will experience a wide range of recreational activities some of which the students will plan. It is a Unit Standard based course. Topics may include Biking, Tramping and Coaching.	6896	Demonstrate knowledge of recreation	3	Internal	
	20135	Plan for, participate in and evaluate a self-sufficient cycle tour	10	Internal	
	22768	Conduct and review a beginner level coaching session	6	Internal	
	26249	Demonstrate bush-walking knowledge and skills	5	Internal	
	91501	Physical Education 3.4 - Demonstrate quality performance of a physical activity in an applied setting	4	Internal	Num

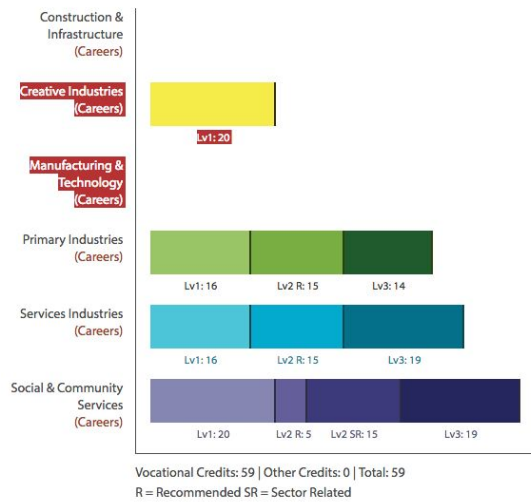
## Outdoor Pathway Graph



## PE Pathway Graph



## Health Pathway Graph



## Careers

PE Teacher, Physiotherapist, Sports person, Navy, Army. Health Care Worker, Health Teacher, Outdoors instructor, Coach.