**KELSTON BOYS HIGH SCHOOL**



**PHYSICAL EDUCATION**

**13PED: Level 3, NCEA**

**(UE Approved Subject)**

**Course Outline.**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Whanau:\_\_\_\_\_\_\_\_\_\_\_\_**

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**INTRODUCTION**

**Level 3 Physical Ed is a very important subject for students looking at gaining University Entrance to a variety of tertiary courses. The course has a thorough Theory component that relates well with the Practical contexts used throughout the year.**

**Students will enhance prior concepts with greater critical thinking by applying knowledge comprehensively.**

**The game of Volleyball is suitable for students as most are at the same ability. Also the students who use appropriate concepts & work hard to improve can achieve very good results.**

**This game also promotes physical activity for individuals to play in a social capacity. Students can compete against each other to enhance Hauora; Physical development, Socialization with others, Mental & Emotional thinking & Spiritually to enhance participation for competition or fun to combine all concepts to improve a healthy lifestyle.**

**The Biophysical principles used throughout the year will also enhance personal Hauora for life after Kelston.**

**So the information learnt in greater detail will assist students to gain suitable credits for tertiary qualifications or gaining vital credits for high NCEA achievement.**

**Students enrolled in this Level 3 approved subject are EXPECTED to gain 14+ credits. Anything below this is unacceptable.**

**HOW YOU CAN EXCEL IN PHYSICAL EDUCATION**

* Be passionate about your work.
* Attend class on a regular basis, be on time.
* Research thoroughly.
* Complete all assignments on time. MEET Deadlines!
* Work to the best of your ability.
* Use the knowledge and skills developed from previous years.
* Be well prepared for class.
* Take responsibility for your decisions.
* Don’t waste time. Work in a mature manner.
* Try to work independently.
* Be organised and plan your approach to each assignment
* Take direction from your teacher.



|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TERM 1 | **Week One** 3 Feb. – 7 Feb. | **Week Two** 10 Feb. – 14 Feb. | **Week Three** 17 Feb. – 21 Feb. | **Week Four** 24 Feb. – 28 Feb. | **Week Five** 3 Mar. – 7 Mar. | **Week Six** 10 Mar. – 14 Mar. | **Week Seven** 17 Mar. – 21 Mar. | **Week Eight** 24 Mar.– 28 Mar. | Week Nine 31 Mar. – 4 Apr. | Week Ten 7 Apr. – 11 Apr. | Week Eleven 14 Apr. – 17 Apr. |
| Courses | 3.2/3.3/3.4  Volleyball  Spike  *Yr9/13 Camp* | 3.2/3.3/3.4  Volleyball  Spike  *Yr9/13 Camp* | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike |
| Assessments | *Course Intro*  *Contracts*  -Critical Think  -Practical | -Anatomy  Socio Factors  -Practical | -BMX  -Practical | -BMX  -Practical | -BMX  -Practical | -Motor Skills  -Sports Psych  -Practical | -Motor Skills  **-Assessmt Week** | *Summer*  *Tournament*  -Evaluation  -Socio Factors | -Completing 3.2 | -Completing 3.2 | -3.4: DUE in Thursday 17th 3:30pm |
|  |  |  |  |  |  |  |  |  |  |  |
| TERM 2 | **Week One** 5 May. – 9 May. | **Week Two** 12 May.– 16 May. | **Week Three** 19 May. – 23 May | **Week Four** 26 May – 30 May | **Week Five** 3 Jun – 6 Jun | **Week Six** 9 Jun – 13 Jun | **Week Seven** 16 June – 20 June | **Week Eight** 23 June – 27 June | Week Nine 30 Jun. – 4 Jul. |
| Topics | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 3.2/3.3/3.4  Volleyball  Spike | 2 Hour  PED  WkShop! | 3.2/3.3/3.4  Volleyball  Spike | 3.5/3.6  WEST  Is  BEST! | 3.5/3.6  WEST  Is  BEST! | 3.5/3.6  WEST  Is  BEST! |
| Assessments | - |  |  |  | SENIOR EXAMS  (3 -6th June) | -3.2/3.3  DUE in Friday 13th 3:30pm | -SPEECH  -Essay structure | -Research  -Evaluation |  |
|  |  |  |  |  |  |  |  |  |  |  |
| TERM 3 | **Week One** 21 Jul – 25 Jul | **Week Two** 28 Jul – 1 Aug. | **Week Three** 4 Aug. – 8 Aug. | **Week Four** 11 Aug. – 15 Aug. | **Week Five** 18 Aug.– 22 Aug. | **Week Six** 25 Aug.- 29 Aug. | **Week Seven** 1 Sep – 5 Sep | **Week Eight** 8 Sep.- 12 Sept. | **Week Nine** 15 Sep – 19 Sept | **Week Ten** 22 Sep – 26 Sept |
| Topics | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | 3.5/3.6  WEST is  BEST! | Health Promotion Week |
| Assessment |  |  |  |  |  | -3.5/3.4  DUE in Friday 29th 3:30pm | *Winter*  *Tournament* | SENIOR EXAMS  (11th -17th Sept) | SENIOR EXAMS  (11th -17th Sept) | -3.6: DUE in Friday 26th 3:30pm |
|  |  |  |  |  |  |  |  |  |  |
| TERM 4 | **Week One** 13 Oct.- 17 Oct. | **Week Two** 20 Oct. – 24 Oct. | **Week Three** 28 Oct. – 31 Oct. | **Week Four** 3 Nov. – 7 Nov. | **Week Five** 10 Nov. – 14Nov. | **Week Six** 17 Nov.– 21 Nov. | **Week Seven** 24 Nov.– 28 Nov. | **Week Eight** 1 Dec.– 5 Dec. |  |
| Topics | Health Promotion | Health  Promotion | Health Promotion | SENIOR  Honours 4th Nov |  |  |  | SENIOR  P-GIVING.  (Fri 5th ) |  |
| Assessment |  |  |  |  | N.C.E.A  Exams | N.C.E.A  Exams | N.C.E.A  Exams | N.C.E.A  Exams |

**ASSESSMENT STATEMENT & STUDENT ASSESSMENT RECORD**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Achievement Standard | Type of Assessment | Due date (approx.) | Credit Value | Grade | Percentage  % |
| 3.2 (91499)  Analyse a Physical Skill | Written Assignment  Self/Peer Assessment  Visual Evidence  Power-point Presentation | Fri 13th June; 3:30pm | 3 |  |  |
| 3.4 (91501)  Performance | Practical Performance  *Volleyball*  *Rugby & League*  *Soccer Cricket* | Thurs 17th Apr  Fri 29th Aug; 3:30pm | 4 |  |  |
| 3.5 (91502)  Examine a current PA event, trend or issue | Written Assignment  Power-Point Presentation  Seminar  Electronic Blogs | Fri 29th Aug 3:30pm | 4 |  |  |
| 3.6 (91503)  Evaluate the use of Health Promotion | Written Assignment  Power-Point Presentation  Seminar  Electronic Blogs | Fri 26th Sept 3:30pm | 5 |  |  |
| 3.3 (91500)  Evaluate the effect of performance program. | Written Assignment  Electronic Blogs  Student Logs | Fri 13th June 3:30pm | 4 |  |  |
| **TOTAL** |  |  | **20** |  |  |

You can gain the following grades in the Achievement Standards:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Row** |  | **Not Attempted** | **NOT**  **ACHIEVED** | | **ACHIEVED** | | **MERIT** | | **EXCELLENCE** | |
| **1** | **Report Grade Mark (RGM) 🡪** | **0** | **LNA** | **HNA** | **LA** | **HA** | **LM** | **HM** | **LEx** | **HEx** |
| **2** | **RGM as a % 🡪** | **0%** | **10%** | **45%** | **50%** | **60%** | **70%** | **80%** | **90%** | **100%** |
| **3** | **Student grade 🡪** |  |  |  |  |  |  |  |  |  |
| **4** | **Level 🡪** | **NO GRADE** | **LOW** | **HIGH** | **LOW** | **HIGH** | **LOW** | **HIGH** | **LOW** | **HIGH** |

**COURSE OVERVIEW**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NCEA LEVEL 3**  **“Year 13 Physical Education”** | | | | |
| **Pre-Requisite:** Students at Level 2 had to ACHIEVE in A.S of 2.2, 2.3 & 2.4. | | | | |
| **This course is assessed using:**   * Achievement Standards   Unit Standards | | **This course is:**   * Internally assessed   Externally assessed | | |
| **Course Information: Course Cost:** $ 50  Term 1: Students will analyse biomechanical & Skill Acquisition principles of the Volleyball Spike & participate in games of Volleyball. They will also write up a 6 week training program to improve their Volleyball skills especially the Spike shot.  Term 2: Students will analyse the Volleyball spike and evaluate the 6 week training program to review the effectiveness of the training program. Students will also research the influence of PA in West Auckland youth for Health Promotion.  Term 3: Students will research and critically evaluate the ‘Action Competence Learning Process’ to enhance Health Promotion. West Auckland needs to improve secondary school participation in sport. | | | | |
| **AS or US** | **Title** | | **Credits** | **Internal or External** |
| 3.2  (AS91499) | Analyse a Physical Skill performed by Self or Others. | | 3 | Internal |
| 3.4  (AS91501) | Perform a Physical activity to nationally developed performance standards, in an applied setting. | | 4 | Internal |
| 3.5  (AS91502) | Examine a current physical activity event, trend or issue and its impact on New Zealand society. | | 4 | Internal |
| 3.6  (AS91503) | Evaluate the use of a health promotion process used to influence the participation of others in a physical activity. | | 5 | Internal |
| 3.3  (AS91500) | Evaluate the effectiveness of a performance improvement programme. | | 4 | Internal |
| **TOTAL CREDITS** | | | **20** |  |

**ASSESSMENT GUIDLINES**

The Kelston P.E. Department will operate the following Assessment Policies for Level 3 NCEA

**The following specific policies will be applied;**

**AUTHENTICITY:**

Assessment work completed must be the student’s OWN work. Students & Caregivers maybe expected to sign Authenticity declarations & where appropriate submit working drafts. Where evidence indicates work presented is not a student’s own work the school policy will be followed.

**SPECIAL ASSESSMENT CONDITIONS:**

The Special Needs Coordinator identifies students who require special assessment conditions at enrolment. Teachers are informed of these students’ needs. If teachers have concerns about other students’ learning/assessment conditions they should see the Special Needs Coordinator. Provision is made for these students to have valid and fair assessment conditions consistent with the assistance they would normally have as part of their learning environment.

**PROCEDURES FOR MISSED ASSESSMENTS**

If you cannot hand in an assignment on time, or do an in-class test or practical activity on the day, then they must apply to their teacher as soon as they know they will be late with an assignment or will be absent, or as soon as they return to school. Valid reasons for requesting an extension of time or a new assessment date are:

* Sickness: a medical certificate must be supplied
* Family trauma: a note from the Guidance Counselor or House Leader must be supplied. Parents should contact the Guidance Counselor or House Leader.
* School sporting/cultural activity: the teacher in charge of the activity signs the 'Missed Assessment' form. (Note: this reason is only valid if the student informs the teacher in advance of the assessment or due date.)

In *all* cases, a ‘Missed Assessment’ application form must be filled in and given to the teacher concerned. Requests for extension of time must be made before the due date.

Based on the information presented in the ‘Missed Assessment’ application, the Head of Department and/or Principal’s Nominee may decide to:

* Grant an extension
* Set a new assessment date
* Deny the application and award no credit for the standard(s) concerned.

**APPEALS**

Appeals of grades awarded maybe made but must occur within 2 school days of the returned Assessed work.

Students must make Appeals to the HOD of P.E. in writing.

(Students must complete the Appeal Application Form.)

Where a grade is Appealed, school policy will be followed.

**NOTE: *An appeal will not provide a Re-Assessment opportunity, rather the work already presented will be re-examined & discussed).***

**Appeals Procedure**

1. Teacher allows students to check that they agree with the results given. If a student thinks that work has been incorrectly assessed they can ask the teacher to reconsider.
2. The teacher should explain the result and make any necessary alterations. If the assessing was done by another teacher in the department, that teacher must be consulted.
3. If a student is unhappy with the teacher's explanation, they may ask the Head of Department for a decision, using an appeals form. This must be done within one week of the work being handed back.
4. If the student disagrees with the Head of Department’s decision, they may ask the Principal’s Nominee to consider the case. The Principal’s Nominee may consult with the Head of Department, House Leader, Guidance Counselor and/or family.

**LATE WORK:**

**DUE DATE** means just that!!! Late work will not be accepted for marking unless exceptional circumstances exist & the HOD has granted an **EXTENSION** **before** the due DATE.

**NOTE: *Students are required to complete an MISSED ASSESSMENT Application form (Extension Application form 1 week prior the DUE DATE.)***

**HOMEWORK POLICIES AND PROCEDURES**

* *Completing activities started in class – (Class notes etc…)*
* *Reviewing material presented during ALL class sessions so clarification & Understanding.*
* *Researching relevant Material either the Internet, Media etc…*
* *Practice of skills or Training Activities.*
* *Self Motivation & Commitment is vital outside of teaching hours for student success.*

*3 hours a week is needed for revision, self directed learning (completing assignments) and practical Practice.*

## **STANDARD OF STUDENT WORK**

Presentation of Written Assignment must follow Department Procedures;

**Presentation Standards:**

* *Cover page*
* *If written, writing must be readable/legible and understandable!*
* *All Assignments to be handed in on time.*
* *All Assignments must be completed.*
* *Notes to be completed/stored within a book (1B8) or Folder.*

**COURSE COSTS**

**STATIONARY:**

It is a compulsory requirement that all students who are enrolled in this course have the following stationary items.

|  |  |
| --- | --- |
| **Qty** | **Stationary** |
| 2 | 1B8 Exercise Books |
| 1 | 3B1 Note Book |

**SUBJECT FEES:**

* NCEA fee of $76.70, which covers entry for all NZQF Standards and up to 3 Scholarship Subjects
* $50.00 subject fee for photocopying & “Physical Education Study Guide”

**EQUIPMENT:**

All students should also have the appropriate sporting attire for all practical sessions this includes things such as;

* Kelston Boys High School PE Uniform (Shirt & Shorts avaiable from the uniform shop)
* Footwear
* Students will not be able to take part in practical sessions in their school uniform and forfit the opportunity to a practical assessment.

**GLOSSARY**

Identify:………………...recognise, recall and label to establish identity, name in relation to a definitive set or characteristic.

Describe:………………defines, gives an outline, say or write what the subject is like or about.

Discuss:………………..through writing or speech, provide facts or information in relation to subject.

Explain:………………..to make clear by adding detail to the description, examine and give reasons

for information stated (how and/ or why?)

Examine:……………….investigates, find out or explore the information, consider critically.

Evaluate:……………….analyse, appraise, make judgements and justify

Analyse:………………..examine in depth

Appraise:………………consider the value or significance of the related information

Critically Discuss:……..through writing or speech, analyses subject, consider the pros and cons, personally reflect and make judgements.

**STUDENT & WHANAU AGREEMENT**

To Whom It May Concern:

The Kelston Boys High School P.E. Dept encourages students to be commited & determined to achieve their academic potential, we believe that the familiy is an important part of the learning process.

This Whanau Agreement outlines the expectations of staff.

Under this agreement students ***must;***

* Attend classes.
* Bring the correct equipment for both practical and theory classes.
* Pay subject fees.
* Complete all assessments by the due date.
* Work to the best of their ability.
* Be willing to work in their own time on homework or studying.

If I breech any of the above criteria then I understand that I maybe removed from the course at the discretion of the Head of Department.

Students Name: (Print):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Students Signature: Parents/Guardian(s) Signature:

Contact Details for any issues: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COURSE FORMS & EVAULIATION**

**Missed Assessment/Extension Application Form**

Fill in the top section, attach appropriate letters or certificates and hand in to the office or your teacher.

|  |  |
| --- | --- |
| Name: | Tutor Group: |
| Date of application: | |
| **Missed assessment details:** | |
| Subject:  Name of teacher: | |
| Standard number and title: | |
| Type of assessment *(practical, assignment, test, etc)* | |
| Date of assessment or due date: | |
| Reason for missing assessment: **(please tick one)**   * Illness:  *medical certificate must be attached* * Family/personal trauma:*documentation must be attached (eg letter from parent, counselor, or tutor group teacher/dean)* * School sporting/cultural activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   Signature of teacher-in-charge of activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |

|  |
| --- |
| Decision by HOD/Principal’s Nominee:   * **Extension granted. New due date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** * **New assessment date granted. New date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** * **Application denied. Comment:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**   ***The reason for this decision has been explained to me and I accept the decision.***  ***Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* *(student)*** |
| Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(staff member)* Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**DE APPEAL APPLICATION FORMGrade Appeal Form**

Fill in the top section and hand in to the office or to your teacher/HOD within \_\_\_\_\_\_\_\_\_ of getting your assessment back.

|  |  |
| --- | --- |
| Name: | Tutor Group: |
| Date of application: | |
| Subject:  Name of teacher: | |
| Standard number and title: | |
| Grade awarded: | |
| Date assessment returned to student: | |
| Reason for appeal:   * I have discussed my grade with my subject teacher in the first instance. * I would like the HOD/Principal’s Nominee to reconsider my grade. My reasons for this request are: *(please explain, using an extra sheet if needed)* | | |

|  |
| --- |
| HODs Decision:   * The grade awarded by the teacher stands. * The grade awarded has been changed to \_\_\_\_\_\_\_\_\_\_\_\_.   ***The reason for this decision has been explained to me and I accept the decision.***  ***Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* *(student)*** |
| Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(HOD)* Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Principal’s Nominee’s Decision/Comment:  Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(PN)* Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Level 3: PE Course Evaluation**

1. Did you enjoy taking part in the course this year?
2. Do think you achieved your personal goals you set for this course?
3. Why do you think you did/didn’t you achieve these goals?

1. Which unit did you enjoy the most?

**SEMESTER 1:**

*Analyse a Skill, Volleyball Performance, Evaluate a Performance improvement program*

**SEMESTER 2:**

*West is Best, Taking Action & Getting Active.*

Why?

1. Which unit did you least enjoy?

**SEMESTER 1:**

*Analyse a Skill, Volleyball Performance, Evaluate a Performance improvement program*

**SEMESTER 2:**

*West is Best, Taking Action & Getting Active.*

Why?

1. Are there any changes that you would recommend for next years course to make it more successful?