**KELSTON BOYS HIGH SCHOOL**



**PHYSICAL EDUCATION**

**13REC: Level 3, NCEA Course Outline**

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

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**INTRODUCTION**

**This course was developed for the sole reason to allow Yr13/14 students to gain the necessary credits for Level 2 & Level 3 NCEA!**

**Currently the minimum qualification required is Level 2 NCEA. Students must work to EITHER gain L2 or L3 so they leave Kelston with important documentation for future studies or apprenticeships.**

**If students intend to gain University Entrance to get into top courses such as Engineering, Law, Medicine or Commerce then this course is not suitable for them.**

**The course will promote Physical Activity in contexts that students thoroughly enjoy. Practical activities are Weight Training, Running & allowing the students the ownership to choose their preferred sport for Sports Skills & Event Management units of work.**

**Students will learn key training principles of improving Strength, Cardio, Flexibility & Skill development for younger students.**

**13 Sport & Recreation students will continue to develop leadership & Physical Activity to enhance personal passion of Sport & a healthy lifestyle.**

**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.
* 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. – 18 Apr. |
| Courses | Admin Week.  Ex Prep  US7021  *Yr9/13 Camp* | Ex Prep  US7021  *Yr9/13 Camp* | Ex Prep  US7021 | Ex Prep  US7021 | Ex Prep  US7021 | Ex Prep  US7021 | Ex Prep  US7021 | Ex Prep  US7021 | Ex Prep  US7021 | Ex Prep  US7021 | Ex Prep  US7021 |
| Topic and Assessments | *Course Intro*  *Contracts*  Anatomy Theory | Exercise Tech  Muscle Group 1  -3.4AS90742  4Km Run | Exercise Tech  Muscle Gp 2A | Exercise Tech  Muscle Gp 2B | Review Gp1&2  ***Practical Ass*** | Exercise Tech  Muscle Group 3 | Exercise Tech  Muscle Group 4 | Exercise Tech  Muscle Group 5 | **Review and Ass preperation**  *Summer*  *Tourtmt Week.* | Test and Assessment **DUE** | Pre Comp Officiating  US 26224 v2  Intro |
|  |  |  |  |  |  |  |  |  |  |  |  |
| 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** 2 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 | Pre Comp Officiating  US 26224 v2 | Pre Comp Officiating  US 26224 v2 | Pre Comp Officiating  US 26224 v2 | Pre Comp Officiating  US 26224 v2 | Pre Comp  US 26224 v2  -3.4AS90742  4Km Run | Pre Comp Officiating  US 26224 v2 | Pre Comp Officiating  US 26224 v2 | Pre Comp Officiating  US 26224 v2 | S Pre Comp Officiating  US 26224 v2 |
| Topic and Assessments | Introduction:  Theory lessons | Practical Log | Theory lessons | Practical Log & Theory lessons | SENIOR EXAMS  ***(3rd – 6th Jun)*** | **Task 1:** Digial  Presentation | Practical Log & Theory lessons | **Task 2:** Active Obeservation. | Event Mgmt  Intro  US21414 |
|  |  |  |  |  |  |  |  |  |  |
| TERM 3 | **Week One** 21 Jul – 35 Jul | **Week Two** 38 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 | Event Mgmt  US21414 | Event Mgmt  US21414 | Event Mgmt  US21414 | Event Mgmt  US21414 | Event Mgmt  US21414 | Event Mgmt  US21414 | A.S. 3.4  Badminton  Soccer, Rugby | A.S. 3.4  Badminton  Soccer, Rugby | A.S. 3.4  Badminton  Soccer, Rugby | A.S. 3.4  Badminton  Soccer, Rugby |
| Topic and Assessments | Overview of the Event Management | Planning Process,  Aim/Obejective | Timeline:  Marketing | Evaluation,  Risk Management | **Practical Assessment Week.** | Assessment due  -3.4AS90742  4Km Run | Practical Assessment | SENIOR EXAMS  (12th-17st Sept) | SENIOR EXAMS  (12th-17st Sept) | Practical Assessment |
|  |  |  |  |  |  |  |  |  |  |  |
| TERM 4 | **Week One** 13 Oct.- 18 Oct. | **Week Two** 20 Oct. – 24 Oct. | **Week Three** 27 Oct. – 31 Oct. | **Week Four** 3 Nov. – 7 Nov. | **Week Five** 10 Nov. – 14 Nov. | **Week Six** 17 Nov.– 21 Nov. | **Week Seven** 24 Nov.– 28 Nov. | **Week Eight** 1 Dec.– 5 Dec. | **Week Nine** 8 Dec.– 12 Dec. |
| Topics | A.S. 3.4  Badminton  Soccer, Rugby | A.S. 3.4  Badminton  Soccer, Rugby | A.S. 3.4  Badminton  Soccer, Rugby | SENIOR H Assembly  (4th Nov) |  |  |  | PRIZE-GIVING.  (5th Dec) | Teachers Only Week |
| Topic and Assessments | -3.4AS90742  4Km Run | Practical Assessment | Assessment Due |  | N.C.E.A  Exams  (10th Nov – 2nd Dec) | N.C.E.A  Exams  (10th Nov – 2nd Dec) | N.C.E.A  Exams  (10th Nov – 2nd Dec) | N.C.E.A  Exams  (10th Nov – 2nd Dec) |  |

**ASSESSMENT STATEMENT & STUDENT ASSESSMENT RECORD**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Achievement Standard | Type of Assessment | Due date (approx.) | Credit Value | Grade | Percentage  % |
| US7021  Exercise  Prescription | Written Booklet  &  Practical Verbal Explanation | Term ONE  Wk10 | 8 |  |  |
| US 26224 v2  Pre Comp Officiating | Written Booklet  &  Practical Teaching | Term TWO  Wk10 | 3 |  |  |
| US21414  Event  Management | Written Booklet  &  Practical Tournament | Term THREE  Wk11 | 4 |  |  |
| A.S. 3.4 (91501)  Badminton  Soccer, Rugby v1 | Practical only  Teacher/Coaches Oberservation  Peer and student Obersevation. | Term Four  WK 5 | 4 |  |  |
| (Optional)  AS90742 (3.4)  4Km RUN | Practical RUN  A = under 20 mins  M = under 17:20  Ex = under 15:30 | All year | 4 |  |  |
| **TOTAL** |  | **19** |  |  |  |

You can gain the following grades in the Achievement Standards:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Row** |  | **Not Attempted** | **NOT**  **ACHIEVED** | | | **ACHIEVED** | | | **MERIT** | | | **EXCELLENCE** | | |
| **1** | **Report Grade Mark (RGM) 🡪** | **N 0** | **N1** | **N2** | **N3** | **A1** | **A2** | **A3** | **M1** | **M2** | **M3** | **E1** | **E2** | **E3** |
| **2** | **RGM as a % 🡪** | **0%** | **10%** | **30%** | **45%** | **55%** | **60%** | **65%** | **70%** | **75%** | **80%** | **90%** | **95%** | **100%** |
| **3** | **Student grade 🡪** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** | **Level 🡪** | **NO GRADE** | **LOW** | **SOLID** | **HIGH** | **LOW** | **SOLID** | **HIGH** | **LOW** | **SOLID** | **HIGH** | **LOW** | **SOLID** | **HIGH** |

**COURSE OVERVIEW**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NCEA LEVEL 3**  **“Year 13 Sport & Recreation”** | | | | |
| **Pre-Requisite:** Students from 12 Sports Leadership must gain 14 + credits & achieve  US21649 Body’s in Motion & US12538 Sports Leadership. | | | | |
| **This course is assessed using:**   * Achievement Standards   Unit Standards | | **This course is:**   * Internally assessed   Externally assessed | | |
| **Course Information: Course Related material: $ 20**  The course is about achieving vital Level 3 credits through a variety of different practical contexts that students will find enjoyable. | | | | |
| **AS or US** | **Title** | | **Credits** | **Internal or External** |
| US7021 | Exercise Prescription | | 8 | Internal |
| US 26224 v2 | Pre Comp Officiating | | 3 | Internal |
| US21414 | Event Management | | 4 | Internal |
| 3.4  (90742) | Demonstrate Performance in a chosen physical Activity against National Standards. | | 4 | Internal |
|  |  | |  |  |
| **TOTAL CREDITS** | | | **19** |  |
|  | | | | |

**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 you must apply to your teacher as soon as you know you will be late with an assignment or will be absent, or as soon as you 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:**

* $20.00 course related materials.

**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 available from the uniform shop)
* Footwear
* Students will not be able to take part in practical sessions in their school uniform and will forfeit the opportunity to do 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 Course Material fee of $20.
* 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**

**Misses 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 FORM**

**Grade Appeal Form**

Fill in the top section and hand in to the office or to your teacher/HOD within **2 days** 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |  |  |  |
| --- | --- | --- | --- |
| ACHIEVEMENT STANDARD 3.4 - 90742  **RUN – 4 Kilometres: *Demonstrate performance in a physical Activity against Nationally developed performance standards.***  4 CREDITS  NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEACHER:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| TASK 1: “For this assessment the expectation of the students are as follows;” | ACHIEVED*Time* Students can RUN 4km in **20mins** or Better | MERIT Time Students can RUN 4km in **17mins 20sec** or  Better. | EXCELLENCE Time Students can RUN 4Km in **15mins 30sec** or Better. |
| **Task 1:**  **Time for 4 Km.** |  |  |  |
| **COMMENTS:** | | | |
| **OVERALL GRADE:**  NA A M Ex  Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Teacher) Date:\_\_\_\_\_\_\_\_\_\_\_\_  Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Student) Date:\_\_\_\_\_\_\_\_\_\_\_\_ | | | |

**Level 3 Sport & Recreation 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?

**UNIT 1 UNIT 2 UNIT 3**

Ex Pres & 4Km Run Pre-Comp Event Management

Why?

1. Which unit did you least enjoy?

**UNIT 1 UNIT 2 UNIT 3**

Ex Pres & 4Km Run Pre-Comp  Event Management

Why?

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