



National Certificate of Educational Achievement
TAUMATA MĀTAURANGA Ā-MOTU KUA TĀEA

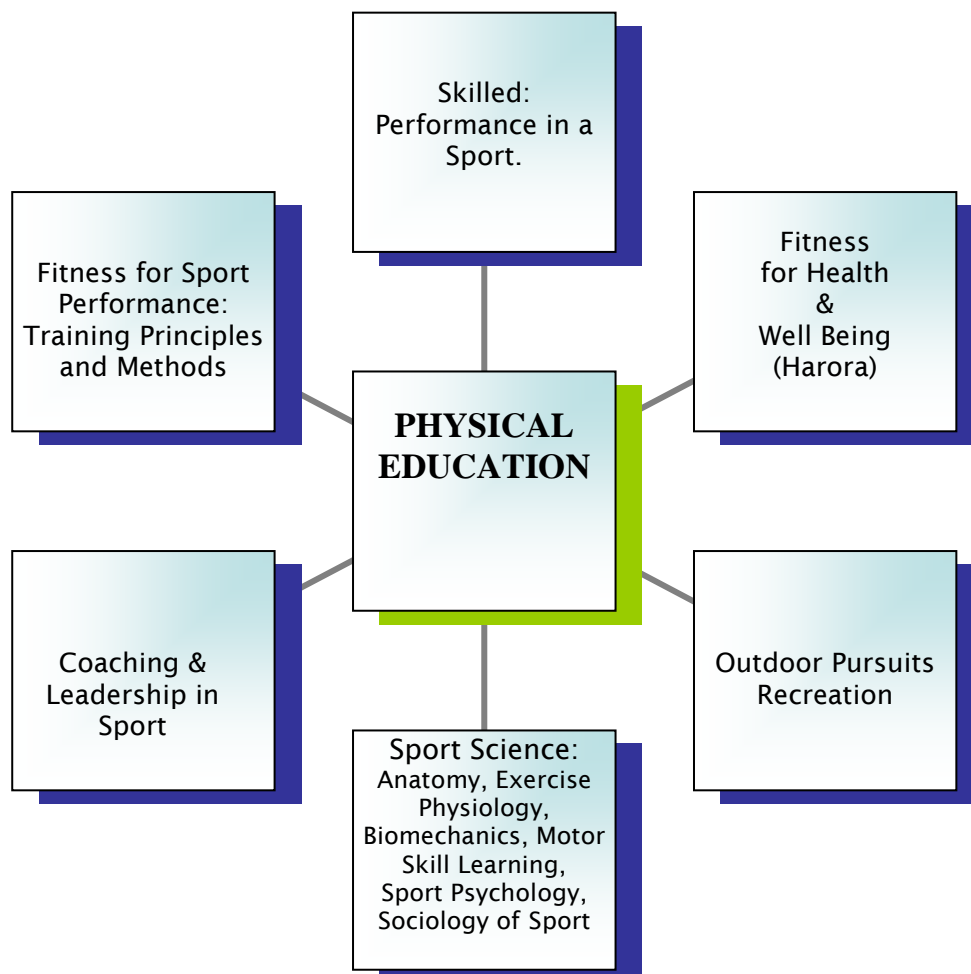
CHRISTCHURCH BOYS' HIGH SCHOOL

YEAR 12 PHYSICAL EDUCATION 2009

STUDENT GUIDE AND COURSE OUTLINE

“What is Yr 12 Physical Education?”

The course is drawn from six aspects that make physical education. Students will participate and learn in five of these fields of study.



“Failure is not the worst thing in the world. The very worst is not to try”.

12PED - Physical Education

Introduction

The course is drawn from six aspects that make senior Physical Education at Christchurch Boys' High School. Students will participate and learn in five of these fields of study. The course studies the theoretical basis underlining each field of study and applies the theory in practical situations. It is a challenging course as students are expected to perform in a range of settings as outlined below.

1. **Sport Science: Anatomy, Exercise Physiology, Biomechanics, Motor Skill Learning, Sports Nutrition**
2. **Coaching & Leadership in Sport**
3. **Fitness for Sport Performance, Principles and Methods Training**
4. **Skilled Performance in a Sport.**
5. **Outdoor Education: Kayaking and Risk Management**

Content

Kiwi Sport Coaching

Students will apply principles of coaching and motor skill learning to coaching a small group of primary school children

Biomechanics

Students will study biomechanical principles and apply this to their performance in various physical activities.

Anatomy

Students will study the anatomy and movement of the body and apply this to weight training.

Performance of a Skill

Students will be required to demonstrate skilled performance in kayaking.

Principles & Methods of Training

Students will study principles that underline training methods and follow a four week training programme.

Kayaking

Students will learn to paddle and Eskimo roll a kayak and apply those skills on a two day kayak camp on the Hurunui River.

Risk Management in the Outdoors

Students will study and apply risk management principles to outdoor activities of kayaking.

Course Costs

The main costs of the course are incurred for the three day tramp and two day kayaking camp. **Approximate Cost = \$ 120**

Item	Description	Unit Cost
Kiwisport	Taxi Vans	11.00
Kayaking	2 day: Transport & Instructors	180.00
Anatomy	Dissections	1.00
Equipment	Recoveries for use of equipment	5.00
		200.00

Parents and students **need to be aware** that the outdoor camps require the booking of instructors and hire of vans well in advance. This is done at the beginning of the school year, on the basis that all students taking the course will be going on the camps. The cost is spread across all students. Boys who withdraw at a later date or do not turn up to the camps will still be required to pay for the kayak camp cost.

This camp is an exciting and challenging opportunity for your son and we believe he will benefit greatly from the experience.

Expectations of Students

Students are expected to:

- 1) **Be organised**, have appropriate gear for class and practical activities. (Ensure you bring your **homework diary** to every class). Lack of planning is a recipe for failure.
- 2) **Be motivated**, to give it your best go. Be positive not negative, as weather is what you get and climate is what **you** make it.
- 3) **Be on time**, to all classes and activities. If your late to work you'll eventually get the sack
- 4) **Be prepared to work**, you are not here to be a spectator, and the real world is about work.
- 5) **Be considerate** to your teacher and fellow class mates. Some call it respect, and it's not hard to do.
- 6) **Be polite, friendly & courteous** to everyone, as "what goes around comes around".

Assessment

Students will be assessed against both NCEA Level 2 Achievement Standards and Unit Standards. The course is entirely internally assessed. Students can achieve 28 credits:

Level 2 Achievement Standards = 14 credits
 Level 2 Unit Standards = 8 credits

Year 12 Physical Education Course 2009

The course is drawn up from seven aspects that make Physical Education. Students will participate and learn in five of these fields of study.

Course	Topics	Credits
Sport Science; Anatomy, Exercise Physiology, Biomechanics, Motor Skill Learning, Sports Nutrition, Sport Psychology,	Anatomy and Biomechanics AS 2.2 (90433) Students will demonstrate an understanding of functional anatomy and biomechanical principles and how they relate to physical activity, through participation and/or observation. (4 credits)	
Coaching and Leadership in Sport	Kiwi-sport Coaching AS 2.7 (90438) This achievement standard requires planning and applying appropriate strategies for a chosen leadership role and reviewing how the strategies contributed to the effective functioning of the group or team physical activity. (3 credits) US 12552 (v4) People credited with this unit standard are able to demonstrate communication skills used when participating in physical activity, and review the use of communication skills (3 credits)	
Fitness for Sport Performance, Training Principles and Methods, Sport Injury	Personal Training Programme AS 2.3 (90434) This achievement standard requires applying principles and methods of physical training to physical activity and describing how these principles can be appropriately applied. (3 credits) US 12551 (v4) Students are able to develop self management strategies for implementing a personal physical activity programme, and apply and review self management strategies used in the implementation of a personal physical activity programme. (3 credits)	
Skilled performance in a sport	Kayaking AS 2.5 (90436) This achievement standard requires performing a physical activity, in an applied setting, to meet the Physical Education Performance Standards for Level 2. (4 credits)	
Outdoor Pursuits/Recreation	Kayaking US 476 (v4) People credited with this unit standard are able to roll a kayak.(2 credits) AS 2.8 (90439) This achievement standard requires demonstrating knowledge of safety issues, and applying safety management procedures for self and others, in a physical activity. (2 credits)	

Total credits for 2009 – 22 credits

Record Your Assessment Results Below

Topic	Achievement or Unit Standard	Your Result
Anatomy and Biomechanics	AS 2.2 (90433) Describe how functional anatomy and biomechanical principles relate to performing physical activity. (4 credits)	
KiwiSport Coaching	AS 2.7 (90438) Plan, apply and review leadership strategies in a group or team physical activity. (3 credits) US 12552 (v4) Demonstrate communication skills in a physical activity. (3 credits)	
Principles and Methods of Training	AS 2.3 (90434) Examine the principles and methods of training in relation to participation in physical activity. (3 credits) US 12551 (v4) Demonstrate self management through physical activity (3 credits)	
Kayaking	AS 2.5 (90436) Demonstrate performance in a physical activity in an applied setting (4 credits)	
Kayaking Risk Assessment	US 476 (v4) Kayaking - Roll a kayak (2 credits) AS 2.8 (90439) Demonstrate knowledge of safety areas and apply safety management procedures in a physical activity. (2 credits)	

How many credits did you achieve this year?

Yr 12 Physical Education

Course Timetable

This is a general overview of this year's timetable for topics. It may be subject to change. You will be notified in advance of any such changes. Because we have five Yr 12 PE classes, we are running a split programme to start with.

Term 1

Timetable 1	Timetable 2
Kayaking (1 week)	Kayaking (1 week)
Kiwisport Coaching (8 weeks)	Principles & Methods of Training (8 weeks)

Term 2

Anatomy & Biomechanics (8 weeks)	Anatomy & Biomechanics (8 weeks)
Performance of a Skill (2 weeks)	Performance of a Skill (2 weeks)

Term 3

Principles & Methods of Training (7 wks)	KiwiSport Coaching (7 wks)
Risk Management & Kayaking (2 week)	Risk Management & Kayaking (2 week)

Term 4

Performance of a Skill: Kayaking (5 wks)	Performance of a Skill: Kayaking (5 wks)
Risk Management & Kayaking	Risk Management & Kayaking

Kayak Camp 1
Kayak Camp 2
Kayak Camp 3
Kayak Camp 4
Kayak Camp 5

Tuesday 27th – Wednesday 28th October.
Thursday 29th – Friday 30th October.
Tuesday 3rd – Wednesday 4th November.
Thursday 5th – Friday 6th November.
Monday 9th – Tuesday 10th November

HOW THE COURSE IS ASSESSED

Course work is totally internally assessed via written and practical performance tests, and assignments. Students will be assessed against either **Unit Standards** or **Achievement Standards**.

Achievement Standards and Unit Standards involve student's being assessed in relation to specified criteria. With Unit Standards, students either pass or fail, according to the preset criteria. With Achievement Standards students can obtain a pass mark which is either achieved, achieved with merit or achieved with excellence.

For example the achievement criteria for Kiwisport Coaching is below.

This achievement standard requires planning and applying personal strategies for a chosen leadership role and reviewing how the personal strategies contributed to the effective functioning of the group or team physical activity.

Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none">• Plan and apply appropriate strategies for a chosen leadership role.• Review how the application of strategies contributed to the effective functioning of the group or team.	<ul style="list-style-type: none">• Plan and apply a range of appropriate strategies for a chosen leadership role. Strategies used contribute to the effective functioning of the group or team.• Analyse how well the application of strategies contributed to the effective functioning of the group or team.	<ul style="list-style-type: none">• Plan and apply a range of appropriate strategies for a chosen leadership role. Strategies used contribute to and improve the effective functioning of the group or team.• Evaluate the effectiveness of the application of strategies in the functioning of the group or team.

ASSESSMENT POLICY AND PROCEDURES

The Physical Education Department will operate the following policies in 2008.

Attendance

1. Formal assessment activities take precedence over all other activities including non-urgent appointments (e.g. medical, dental, physiotherapy, driving tests etc.)
2. Permission to be absent from an assessment can only be given by the Headmaster or Dean. This must be arranged well in advance of the assessment activity.
3. If a student is unavoidably absent from an assessment due to illness or injury the parent/guardian must ring the school on the morning of the absence and a medical certificate must be provided to the Dean immediately on the returning to school.
4. If a student is unavoidably absent from an assessment due to personal reasons he must provide a letter of explanation for the consideration of the appropriate Dean immediately on the returning to school.

Authenticity

Assessment work completed must be your own work. You and your caregivers will be expected to sign authenticity declarations and, where appropriate, submit working drafts. Where evidence indicates work presented is not your own work the school policy will be followed.

Cheating

Any student found cheating will be given no credit for that assessment.

If a piece of assignment work is found to be not authentic the student will be given no credit for that assessment.

There will be no reassessment opportunity provided if a student is found to be cheating.

A formal record of cheating will be placed on the student's file.

Appeals

Appeals of grades awarded are to be made within 2 school days of the return of assessed work. Where a grade is appealed, school policy will be followed.

It is the student's responsibility to collect assessed work if he was absent on the day it was returned to class. He must do this on the day he returns to class.

Work written in pencil or with 'whiteout' correction will not be subject to appeal.

Late Work

1. Assignments not handed in by the due date will be given no credit
2. If a student is absent on the due date he should arrange to have the assignment delivered to school or should post the assignment to the school on that day.
3. A student may be given, in writing, a time extension provided the following pre-conditions are met:
 - The student has discussed the situation with the HOD before the due date
 - The student has submitted all partially completed work for perusal at the time of discussion

Factors which may be taken into consideration in granting a time extension:

- Absence from school due to illness prior to the due date
 - Absence from school as approved by the Headmaster
4. If a student is unable to meet a due date because of exceptional circumstances (e.g. family bereavement), the HOD teacher will arrange a special extension of time.

Reassessment Opportunities

When a student is legitimately absent from an assessment he will be given another opportunity where practical. In certain circumstances he may be given an assessed grade if clear evidence is available from formative assessments. If neither of these methods is possible there can be no assessment for the Achievement Standard.

Verifying Grades

You will be required to verify the grades that you have been awarded by signing the result slip attached to each piece of internally assessed work. Students will also be required to verify the final grades awarded that are submitted to NZQA.

Compassionate Considerations

Internal Achievement Standards - Compassionate consideration for a student who is absent from an internal assessment may be made if there is sufficient evidence available from other work related to the same skill/content and no other assessment opportunity is available. He should apply to NZQA, through the school, for compassionate consideration.

Retention of Student work

Your internal assessment material will be retained by the department until it is no longer required for moderation purposes.

STUDENT OBLIGATIONS

- 1 Ensure you understand the assessment programme and policy
- 2 Check thoroughly the accuracy of the assessment by teachers when work is returned
- 3 Ensure you understand the requirements of each assessment being completed.
- 4 Discuss problems/concerns with the Teacher/HOD.

Declaration: Students and Caregivers

I have read the student information and fully understand the requirements they outline.

Date: _____

Student signature : _____

Caregiver signature : _____

AUTHENTICATION SHEET

PHYSICAL EDUCATION DEPARTMENT

Name: _____

Form: _____ Course: **Year 12 Physical Education**

Physical Education Teacher: _____

This is to state that internally assessed work that I submit will be my own work and not copied from someone else.

Signature: _____

Date: _____

Glossary

NCEA Level 2 Physical Education Words used or related to Assessment Criteria

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

Describe- defines, give 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- analyses, 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 con's, personally reflect and make judgements.

Yr 12 Physical Education

KAYAKING CAMP

Dear Parent / Guardian

The two day kayaking camp is one part of the Outdoor Education component of our course. The kayaking programme is the most exciting and challenging experience your son will have whilst at school, if not in his entire life.

The Kayaking camps are in Term 4, with the last camp finishing a week before the NCEA exams. We believe that the value of the kayaking experience is a not to be missed opportunity. With a well organised and thorough exam preparation plan, the two-day kayak camp should not impede your son's performance in his exams. ***If you have any grave reservations and feel your son should be at school to study, then you have every right to deny him permission to go on the camps.***

To gain maximum benefit and enjoyment from the kayaking camps it is important that your son is at all classes so that he can learn to Eskimo roll and paddle the kayak effectively before he apply these skills on the river. On camp he will also learn river rescue skills. The kayak camps travel to the Hurunui River up to a section of the River near Lake Taylor where the Jolly Brook stream meets the Hurunui River. The boys will camp beside the river

Kayak Camp dates will be finalised in Term 4. Kayak Camps will depart from the school pool at 8:15am. Be at school by **8:00am**

Each kayak Camp will return to school by 5:00pm the following day

Suggested Equipment List (tick off when you have organised each piece of equipment)

	Check		Check
Sleeping Bag	<input type="checkbox"/>	Wetsuit, Polypropylene & Jacket	<input type="checkbox"/>
Ground Mat	<input type="checkbox"/>	Swimming Togs	<input type="checkbox"/>
Food as per menu Cut Lunch day 1	<input type="checkbox"/>	Gym Shoes or Water Booties to get wet	<input type="checkbox"/>
Tent (CBHS can supply shelter)	<input type="checkbox"/>	Dry Foot Wear, Jandals or Sandals	<input type="checkbox"/>
Shorts	<input type="checkbox"/>	Hat, Sunscreen, Sunglasses	<input type="checkbox"/>
Warm Underclothing (polyprop)	<input type="checkbox"/>	Insect Repellent	<input type="checkbox"/>
Rain Coat	<input type="checkbox"/>	Torch & Matches / Lighter	<input type="checkbox"/>
Warm Pants / Track Pants	<input type="checkbox"/>	Plate and Bowl	<input type="checkbox"/>
Warm Shirts / Jerseys	<input type="checkbox"/>	Knife, Fork, Spoon & Cup	<input type="checkbox"/>
Warm Pullovers or Sweatshirts	<input type="checkbox"/>	Tea Towel	<input type="checkbox"/>
Sufficient Underwear and Socks	<input type="checkbox"/>	Toiletries	<input type="checkbox"/>
Wind Jacket	<input type="checkbox"/>	Towel	<input type="checkbox"/>
		All clothing must be named!	<input type="checkbox"/>

Yr 12 Physical Education KAYAKING CAMP

Yr 12 Kayaking Camp 2009 PERMISSION SLIP

Students Name: _____

Class: _____

I give permission for _____ to attend the Year 12 Physical Education Kayaking Camp at the Hurunui River being organised by CBHS. I agree that he should take part in any activities and carry out any duties required by the staff. I authorise CBHS to obtain medical assistance on my behalf if this is necessary.

To the best of my knowledge my son has no medical or physical disabilities likely to prove detrimental to him or others during the camp. (If your son does have a Medical or Physical problem that we need to be aware of please outline these below).

Signature of Parent or Guardian: _____

Date: _____

Address: _____

Hm Ph. _____

Wk Ph. _____

Medical/Physical Problems or Concerns (Strictly Confidential)

Return this permission slip to your teacher. If you have any problems with any of the details outlined above feel free to contact Mr McNaughton during school hours (ph 03 348 5003)

Parental Notification

Yr 12 Physical Education KAYAKING CAMP

Dear Parent / Guardian

The two day kayaking camp is the other Outdoor Education component of our course. For the boys the kayaking programme is the most exciting and challenging experience they will have whilst at school, if not in their entire lives. Not to be missed.

Unfortunately the schools administration is attempting to prevent us running the camps in Term 4. They believe your son will have his preparation for NCEA exams stifled.