

**Christchurch Boys' High School
Year 11
Physical Education
2008
Student Information**



**Student Information
Handout**

GENERAL PE RULES

UNIFORM:

You must have the correct PE uniform at all PE lessons:

School Polo Shirt Black Shorts Sports Socks Sports shoes

Footwear – running shoes or cross trainers are permitted only. No skate shoes are to be worn in P.E. lessons.

If you find it impossible to have your correct uniform you MUST produce a note from your parent/guardian explaining why. It is the student's responsibility to ensure this is carried out.

At all times your PE gear should be in a clean, hygienic and well-maintained state.

ILLNESS OR INJURY:

If you are ill/injured and are attending school but are physically unable to participate in physical education you must produce a note from your parent or guardian explaining why.

POOL:

Normal swimming togs must be worn, except under direction of a staff member when clean PE shorts may be acceptable.

No running in the pool enclosure or diving off any moveable equipment e.g. stands.

TE KURA GYMNASIUM / LEGGAT GYMNASIUM:

- 1 NO FOOD to be eaten in the gymnasiums or changing rooms.
- 2 Entry to gymnasiums is restricted to official sport coaching time or when under the direct supervision of a staff member.
- 3 Gymnasium monitors are to be obeyed.
- 4 Footwear must be of an approved non-marking variety.. NO BLACK SOLED SHOES.
- 5 Gymnasiums are to be treated with the utmost of respect at all times. Any damage must be reported immediately.

WEIGHT TRAINING ROOM:

No food is to be eaten in the weight training area.

Entry to the weights area is restricted to supervised training sessions under the direction of staff member.

All users must wear suitable training attire.

EQUIPMENT:

RESPECT Use the equipment for it's designated purpose and use it in a sensible manner

REPORT Notify a member of the P.E. staff of any damage you observe when getting equipment out or that occurs during use. This enables us to effect repairs before equipment becomes irreparable.

RETURN Always return all equipment.

Year 11 Physical Education
Course Overview 2008

Achievement standard and value	Students will:	Assessment
1.1: 5 credits Term 1	Take part in aquatics, athletics, cricket and circuit training and describe how participation in these activities affects your well-being	Workbook & practical
1.2: 5 credits Term 2	Demonstrate an understanding of basic anatomical, physiological and biomechanical knowledge	Workbook & Test
1.3: 3 credits Term 1	Perform 5 athletic events (long jump, shot put, discus, 1500m, & 60m sprint) and use the best scores for assessment. OR use 10km run performance time	Practical
1.5: 4 credits Term 3	Demonstrate strategies for improving levels of social responsibility in Volleyball and touch	Workbook & Practical
1.6: 3 credits Term 1	Identify and explain factors that affected the quality of athletics performance	Workbook & practical

You can gain the following grades in the Achievement Standards:

Not Achieved	(N/A)	Did not meet the standard
Achieved	(A)	The standard was met
Achieved with Merit	(M)	The standard was met demonstrating very good work
Achieved with Excellence	(E)	The standard was met demonstrating excellent work

Teaching Timetable 2008 : Year 11 Physical Education

Term 1

			A.S	
Feb	W	6		Waitangi Day
1	TH	7		Introduction: times, gear, handout booklets Task 1 - Athletics pre-assessment: Shot Put
	F	8	1.1, 1.3, 1.6	Task 1 - Athletics pre-assessment: Long Jump 60m
	M	11	1.3,1.6	Task 1 - Athletics pre-assessment: 1500m, Discus
	T	12	1.3,1.6	Athletics - Teach and complete Task 2/Athletics Training
2	W	13	1.3,1.6	
	T	14		Athletics Training
	F	15	1.3,1.6	Athletics Training
	M	18	1.3,1.6	Athletics Training
	T	19	1.3,1.6	Athletics Training
3	W	20		
	T	21	1.3,1.6	Athletics Training
	F	22	1.3,1.6	Athletics - Teach and complete Task 3 / Athletics Training
	M	25	1.3,1.6	Athletics Training
	T	26	1.3,1.6	Athletics Training
4	W	27		
	T	28	1.3,1.6	Athletics Day 1.1 compulsory Assessment for all Year 11
	F	29	1.3,1.6	Athletics Testing
Mar	M	3	1.3,1.6	Athletics Testing
	T	4	1.3,1.6	Complete task 4 in class
5	W	5		
	T	6	1.1	Complete Part 1 Athletics / Aquatics - Water Polo
	F	7	1.1	Complete Part 2 for Athletics / Aquatics - Water Polo
	M	10	1.1	Aquatics - Water Polo
	T	13	1.1	Aquatics - Water Polo
6	W	14		
	T	15	1.1	Complete Part 1 Aquatics - Water Polo
	F	16	1.1	Complete Part 2 for Aquatics - Water Polo
	M	17	1.1	Cricket HK 6's
	T	18	1.1	Cricket HK 6's
7	W	19		
	T	20	1.1	Cricket HK 6's
	F	21	1.1	Good Friday
	M	24	1.1	Easter Monday
	T	27	1.1	Easter Tuesday
8	W	28		
	T	29	1.1	Cricket HK 6's
	F	30	1.1	Cricket HK 6's
April	M	2	1.1	Cricket HK 6's
	T	3	1.1	Cricket HK 6's
9	W	4		
	T	5	1.1	Cricket HK 6's
	F	6	1.1	Cricket HK 6's
	M	7	1.1	Complete Part 1 Cricket HK 6's Circuit Training
	T	8	1.1	Complete Part 2 Cricket HK 6's Circuit Training
10	W	9		
	Th	10	1.1	Circuit Training
	F	11	1.1	Circuit Training
	M	14	1.1	Circuit training
	T	15	1.1	Circuit training
11	W	16		
	Th	17	1.1	Complete Part 1 Circuit Training
	F	18	1.1	Complete Part 2 Circuit Training and Part 3 in Class

YEAR 11 Physical Education STUDENT RESULTS RECORDING SHEET

NAME: CLASS

INTERNAL ACHIEVEMENT STANDARDS

ACHIEVEMENT STANDARD	CREDITS	ASSESSMENT			
		N/A	A	M	E
1.1	5				
1.2	5				
1.3	3				
1.6	3				
1.5	4				

Total Credits

Appeals/questions regarding grades should be directed to Mr Murphy (HOD Physical Education)