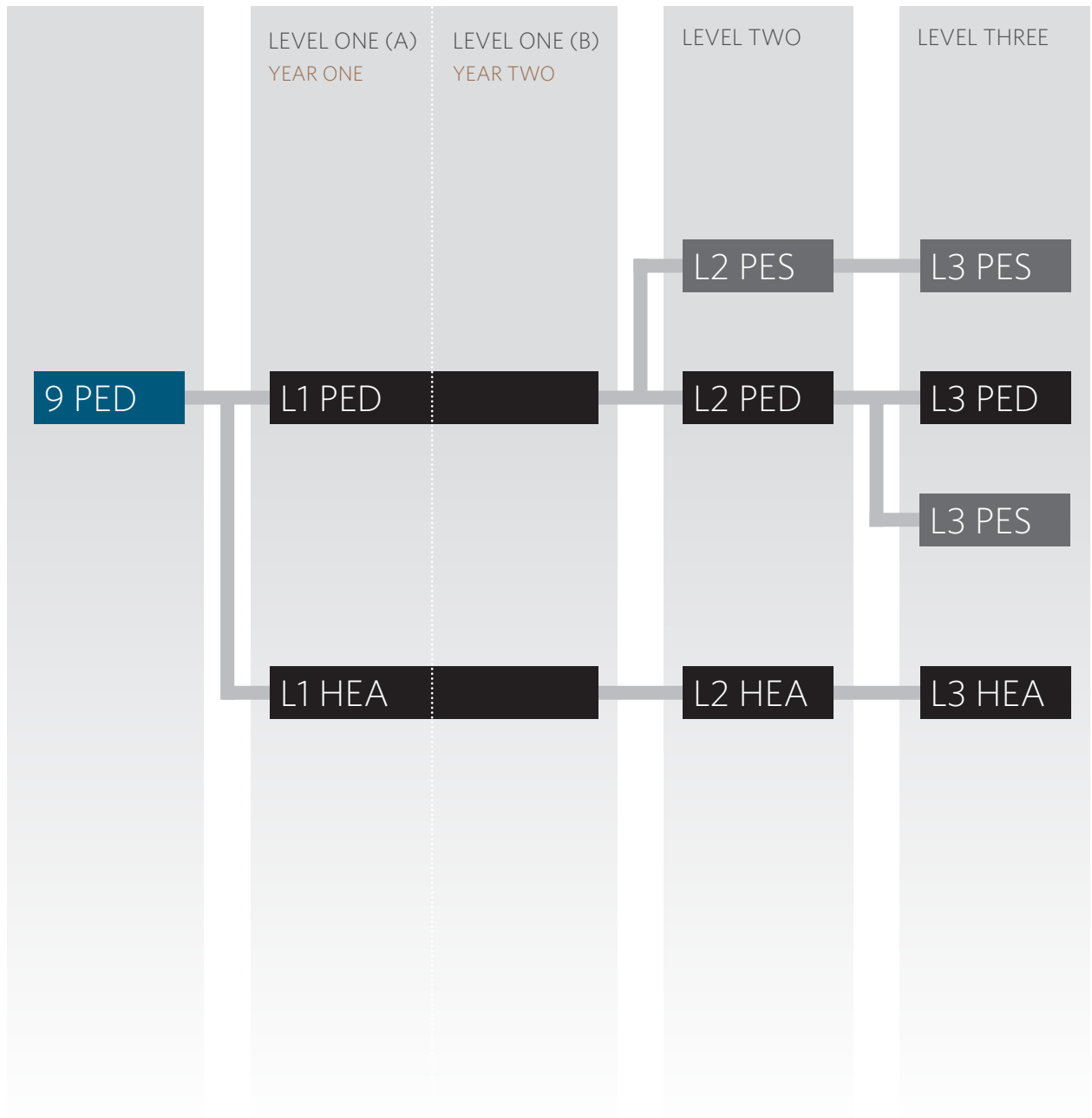




PHYSICAL EDUCATION AND HEALTH FACULTY

The Physical Education and Health Faculty's objective is to assist in developing students into well adjusted individuals: physically, mentally, emotionally and socially. The faculty provides challenging and satisfying experiences in movement concepts, relationships with others, healthy communities and environments and personal physical development. Students research and investigate current issues around health and physical activity, and the influences these have on self, others and society. Physical Education and Health are university approved subjects.

SUBJECT PATHWAY



PES = Sports Leadership & Performance
 PED = Physical Education
 HEA = Health

■ Compulsory subject
 ■ University approved pathway
 ■ Not a university approved pathway

YEAR 9 PHYSICAL EDUCATION CODE: 9 PED

Credit Value: Nil

Number of Field Trips: Nil

Subject Material Costs: Nil

Other Costs: PE Uniform

Course: Physical Education (PE) is a practical subject involving movement in a variety of settings. Students gain an appreciation of participating in team and individual activities, as well as developing and mastering physical and social skills. Students will also be given the opportunity to learn the skills necessary to work safely in the Fitness Centre and on the climbing wall. Students must wear Long Bay College regulation PE uniform and sports shoes to all practical lessons. Health Education covers: healthy lifestyles, interpersonal skills, sexuality and relationship education, drug education and mental health issues.

LEVEL 1 PHYSICAL EDUCATION CODE: L1 PED

Credit Value: 20

Number of Field Trips: 1 Cost: (approx) \$120 over two years

Other Costs: PE Uniform

Subject Material Costs: \$10 Year 1 and \$30 Year 2

Qualification: NCEA Level 1

L1A: The course is both theoretical and practical and focuses on providing the foundation knowledge and skills necessary to prepare students for NCEA Level 1. Topics covered include: biomechanical and physiological aspects of the body, motor skill learning, fitness studies, factors that affect participation and practical performance. Students will also be required to demonstrate and describe responsible behaviour for safety during outdoor education activities. This will be partially assessed through participation in an outdoor education field trip.

L1B: The course is both theoretical and practical. Students will cover in greater detail biomechanical and physiological aspects of the body, technique analysis, interpersonal skills within a team or group and participation in a range of physical activities. This course can lead to Level 2 PED or Level 2 PES.

COURSE DESCRIPTION

LEVEL 2 PHYSICAL EDUCATION CODE: L2 PED

Credit Value: 20-23

Number of Field Trips: 1 Cost (approx) \$350 for PE Camp

Subject Material Costs: \$10

Qualification: NCEA Level 2

Prerequisites: 11 Level 1 PE credits including achievement standards 90967 and 90963. Cannot be taken with L2 PES unless permission is gained from the Head of Faculty

Course: This course focuses on developing the knowledge and skills related to physical activity. Students will study theoretical and practical aspects of physical education related to: personal performance, knowledge of anatomy and biomechanics, leadership roles, safety management, the significance of participation in physical activity and principles and methods of training. A three-day field trip to Shakespear Regional Park is the highlight of the year.

LEVEL 3 PHYSICAL EDUCATION CODE: L3 PED

Credit Value: 19-23

Number of Field Trips: 1 Cost (approx) \$50

Subject Material Costs: \$10

Qualification: NCEA Level 3

Prerequisites: 14 credits from Level 2 PED including achievement standards 91329, 91328 or with Head of Faculty approval. Cannot be taken with L3 PES unless permission gained from Head of Faculty

Course: This course provides 20 Level 3 achievement standard credits all internally assessed. The course aims to develop and apply the knowledge and base developed in Level 1 and 2 Physical Education. This includes skill learning, biomechanics, anatomy and physiology. This course also covers goal and programme planning and safety management strategies, which takes students on a 1-day outdoor education trip. Additional credits can be gained by completing a critical analysis of an issue associated with physical activity in New Zealand.

LEVEL 1 HEALTH

CODE: L1 HEA

Credit Value: 24

Number of Field Trips: Nil

Subject Material Costs: \$10 per year

Qualification: NCEA Level 1

L1A: This course is an introduction to Health studies enabling students to gain the foundation skills and knowledge necessary for Level 1 NCEA. It includes the opportunity to gain A selected internal achievement standards. Areas of study include:

- Developing core skills for success in Health education including unlocking hauora, key language, and presentation and writing skills
- Health promotion through taking action in our community with each term having a different focus
- Developing awareness and understanding of mental health issues
- Unpacking interpersonal skills associated with friendships and relationships
- Nutrition
- Goal setting and hauora
- Understanding the decision-making process related to alcohol and drug education

L1B: This year is made up of internal and external achievement standards. Areas of study include:

- Adolescent eating patterns
- Changing states of health and management of these
- Understanding sexuality and sexual well-being
- Issues relating to drug use

This course leads directly onto Level 2 Health.

LEVEL 2 HEALTH

CODE: L2 HEA

Credit Value: 20

Number of Field Trips: Nil

Subject material Costs: \$10

Qualification: NCEA Level 2

Prerequisites: 11 Level 1 achievement standard Health credits (including 1 external standard) or at discretion of Head of Faculty

Course: This course is made up of both internal and external achievement standard credits. It covers:

- Adolescent health issues including stress, alcohol, sexual and reproductive health
 - Mental Health, focusing on resilience
 - Hauora; taking action to enhance aspects of LBC school and community well-being
 - Research into gender and sexuality issues and strategies to address these issues
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LEVEL 3 HEALTH

CODE: L3 HEA

Credit Value: 19

Number of Field Trips: Nil

Subject material costs: \$10

Qualification: NCEA Level 3

Prerequisites: 14 Level 2 achievement standard Health credits

Course: This course is made up of both internal and external achievement standards. It covers:

- New Zealand current health issues
- Evaluate New Zealand health practices
- International health issues; focus on the Pacific
- Ethical issues relating to well-being

COURSE DESCRIPTION

LEVEL 2 SPORTS LEADERSHIP AND PERFORMANCE

CODE: L2 PES

Credit Value: 17
Number of Field Trips: Nil
Subject Material Costs: \$25
Qualification: NCEA Level 2

Course: This course is both practical and theoretical. It encompasses adventure based learning, event management, social responsibility and practical performance. This course is not designed for students wishing to study at university.

LEVEL 3 SPORTS LEADERSHIP AND PERFORMANCE

CODE: L3 PES

Credit Value: 15–18 (Unit Standards)
Number of Field Trips: 1 approx. cost \$50
Subject Material Costs: \$10
Qualification: NCEA Level 3
Prerequisites: Students must have actively participated in the Level 1 or Level 2 Physical Education course or have a current involvement in sport

Course: This course offers 15 internally assessed achievement standards. Key areas of learning include:

- Safety management in the outdoors, which takes the students on a 1-day outdoor education experience.
- Practical performance in a variety of sports and activities
- Evaluating and devising strategies to allow lifelong wellbeing through physical activity
- Devising strategies to complete a set outcome through physical activity