



Health and Physical Wellbeing

L1HPX Assessment Statement 2019

Course is endorsable

Year : 11

Course : Health & Physical Well-Being

Total Credits : 20

Health & Physical Wellbeing provides students an opportunity to build on existing sporting skills and gain new skills within a variety of movement contexts. Students learn to look after their body and develop their personal fitness as well as to demonstrate an understanding of the functioning of the human body within a practical and theoretical environment. Entry requirements for this course are passing the Year 10 HPW programme and a consistent application in the practical and theory components. Final discretion will be with HPW staff. Passing the 11HPX course with 14+ credits is a pre-requisite for the 12 PEX course.

No	Standard Number	Version	Level	Credits	Lit / Num	Full Title	Method of Assessment	Assessment Opportunities Offered	Approximate Date	Grade	Teacher Signature
1	90962	3	1	5		Physical Education 1.1 - Participate actively in a variety of physical activities and explain factors that influence own	Practical & Write up	1	Term 3 Week 2		
2	90963	3	1	5	L1 Lit	Physical Education 1.2 - Demonstrate understanding of the function of the body as it relates to the performance of physical activity	Assignment	2	Term 2 Week 8		
3	90966	3	1	4	L1 Lit	Physical Education 1.5 - Demonstrate interpersonal skills in a group and explain how these skills impact on others	Practical & Write up	1	Term 1 Week 10		
4	90967	3	1	3	L1 Lit	Physical Education 1.6 - Demonstrate strategies to improve the performance of a physical activity and describe the outcomes	Practical & write up	1	Term 3 Week 10		
5	90964	3	1	3		Physical Education 1.3 - Demonstrate quality movement in the performance of a physical activity	Practical	1	Term 3 Week 5		

School Assessment Procedures - You can view your rights and obligations (in terms of resits and resubmissions) under the school's assessment procedures at the school website: www.sbhs.school.nz - Curriculum - NCEA.

Course Planners - Your teacher will provide you with a course outline at the start of your course. Visit the school website to obtain further copies: www.sbhs.school.nz - Curriculum - Assessment and school exams.

NZQA - For a range of information on the National Certificate of Educational Achievement, University Entrance, and Scholarship go to: www.nzqa.govt.nz/qualifications-standards/qualifications/ncea/

Assessment Opportunities Offered - In addition to what is listed above, other authentic standard specific evidence may be used instead of a formal assessment event. See your teacher for details.

Record your internal grades on this sheet and ask your teacher to sign it off as correct. You can then use this as evidence of your achievement. Also check your progress at the student/parent portal: portal.sbhs.school.nz/student/