

Achievement Standard

Subject Reference	Physical Education 1.3		
Title	Demonstrate quality movement in the performance of a physical activity		
Level	1	Credits	3
		Assessment	Internal
Subfield	Health and Physical Education		
Domain	Physical Education		
Status	Registered	Status date	17 December 2010
Planned review date	31 December 2020	Date version published	20 November 2014

This achievement standard involves demonstrating quality movement in the performance of a physical activity.

Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> Demonstrate quality movement in the performance of a physical activity. 	<ul style="list-style-type: none"> Consistently demonstrate quality movement in the performance of a physical activity. 	<ul style="list-style-type: none"> Consistently demonstrate high quality movement in the performance of a physical activity.

Explanatory Notes

- This achievement standard is derived from *The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007. It is aligned with Level 6 Achievement Objectives A2 (Regular physical activity), B1 (Movement skills), and B3 (Science and technology) and the material in the *Teaching and Learning Guide for Physical Education*, Ministry of Education, 2010 at <http://seniorsecondary.tki.org.nz>. Assessment will be consistent with and reflect the underlying and interdependent concepts of the Health and Physical Education Learning Area; Hauora, socio-ecological perspective, health promotion, and attitudes and values. (*The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007, p22.)

This standard is also derived from Te Marautanga o Aotearoa. For details of Te Marautanga o Aotearoa achievement objectives to which this standard relates, see the [Papa Whakaako](#).

- Quality movement* in the performance of a physical activity is judged according to the performance of the appropriate factor(s)/skill(s) nominated for the activity. Judgment may involve techniques and/or the standard of performance as appropriate to the

activity. Both objective measurement and professional judgement can be used to assess the quality and consistency of performance.

Consistently involves maintaining a high standard in the demonstration of quality movement that varies little throughout the unit(s) of work.

High quality movement involves performance that demonstrates a very high skill level within the chosen activity.

3 The student will have an opportunity to demonstrate the quality of movement in a variety of activities. Formal assessment of quality of movement in one type of physical activity is sufficient for this achievement standard.

4 Conditions of Assessment related to this achievement standard can be found at <http://ncea.tki.org.nz/Resources-for-Internally-Assessed-Achievement-Standards>.

Quality Assurance

1 Providers and Industry Training Organisations must have been granted consent to assess by NZQA before they can register credits from assessment against achievement standards.

2 Organisations with consent to assess and Industry Training Organisations assessing against achievement standards must engage with the moderation system that applies to those achievement standards.

Consent and Moderation Requirements (CMR) reference

0233