

## Achievement Standard

<b>Subject Reference</b>	Physical Education 1.6		
<b>Title</b>	Demonstrate strategies to improve the performance of a physical activity and describe the outcomes		
<b>Level</b>	1	<b>Credits</b>	3
		<b>Assessment</b>	Internal
<b>Subfield</b>	Health and Physical Education		
<b>Domain</b>	Physical Education		
<b>Status</b>	Registered	<b>Status date</b>	17 December 2010
<b>Planned review date</b>	31 December 2020	<b>Date version published</b>	17 November 2016

This achievement standard involves demonstrating strategies that improve the performance of a physical activity, and describing the outcomes.

### Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> <li>Demonstrate strategies to improve the performance of a physical activity and describe the outcomes.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate strategies to improve the performance of a physical activity and describe, in depth, the outcomes.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate strategies to improve the performance of a physical activity and describe, comprehensively, the outcomes.</li> </ul>

### Explanatory Notes

- 1 This achievement standard is derived from *The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007. It is aligned with Level 6 Achievement Objectives 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](#) for the relevant learning area.

- 2 *Describe* involves giving details of characteristics of the strategies that influence performance of physical activity and how they were applied for performance improvement. In order to do this, students first need to demonstrate the influencing strategies.

*Describe, in depth*, involves explaining how and why the strategies influence performance in a physical activity and why the strategies were applied for performance improvement. In order to do this, students first need to demonstrate the influencing strategies.

*Describe, comprehensively*, involves considering how well the application of the strategies did or did not result in performance improvement. These judgments are supported with explanation and examples or evidence. In order to do this, students first need to demonstrate the influencing strategies.

- 3 Strategies to improve the performance of a physical activity should be developed from knowledge of technique(s) and one of the following:

- quality of practice
- type of practice
- amount of practice
- knowledge of tactics and strategies
- levels of related fitness
- level of motivation
- goal setting.

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