

Achievement Standard

Subject Reference	Physical Education 3.2		
Title	Analyse a physical skill performed by self or others		
Level	3	Credits	3
		Assessment	Internal
Subfield	Health and Physical Education		
Domain	Physical Education		
Status	Approved	Status date	September 2024
Planned review date	December 2028	Date version published	December 2024

This achievement standard involves analysing a physical skill performed by self or others.

Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> Analyse a physical skill performed by self or others. 	<ul style="list-style-type: none"> Analyse, in depth, a physical skill performed by self or others. 	<ul style="list-style-type: none"> Critically analyse a physical skill performed by self or others.

Explanatory Notes

- 1 This achievement standard is derived from Level 8 of the Health and Physical Education learning area in *The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007.

Assessment is consistent with and reflects the underlying concepts (hauora, socio-ecological perspective, health promotion, attitudes and values) of the Health and Physical Education learning area in *The New Zealand Curriculum*, page 22.

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 *Analyse a physical skill performed by self or others* involves:
- breaking the performance of the physical skill down into component parts
 - explaining the parts using biomechanical principles
 - using the performance analysis and biomechanical principles to provide feedback and/or feed-forward to the performer with the intent of improving their performance of the skill.

Analyse, in depth, a physical skill performed by self or others involves:

- discussing how the biomechanical principles inter-relate to improve the performance of the skill
- using this discussion to provide feedback and/or feed-forward to the performer with the intent of improving their performance of the skill.

Critically analyse a physical skill performed by self or others involves:

- drawing conclusions from the performance analysis about
 - which parts of the skill have the greatest impact on performance, using biomechanical principles
 - the factors that influence the person's ability to improve their performance of the skill.

3 A *physical skill* is a discrete skill from a range of physical activity contexts, e.g. golf drive, basketball jump shot, freestyle stroke, flick-flack.

4 *Self or others* indicates that the analysis may be of the student's own performance or that of another individual.

5 Biomechanical principles may include:

- inertia
- momentum
- stability
- balance
- centre of mass
- force
- force summation
- levers
- projectile motion.

It is expected that in using these principles a student would make reference to anatomical knowledge.

6 Conditions of Assessment related to this achievement standard can be found at www.tki.org.nz/e/community/ncea/conditions-assessment.php.

Replacement Information

This achievement standard and AS91500 replaced AS90741.

Quality Assurance

1 Schools and institutions must have been granted consent to assess by NZQA before they can register credits from assessment against achievement standards.

2 Schools and institutions with consent to assess must engage with the moderation system that applies to those achievement standards.

Consent and Moderation Requirements (CMR) reference 0233