

Achievement Standard

Subject Reference Physical Education 1.3

Title Demonstrate understanding of the influence of personal movement experiences on hauora

Level 1 **Credits** 5 **Assessment** External

Subfield Health and Physical Education

Domain Physical Education

Status Approved **Status date** 27 November 2025

Planned review date 31 December 2029 **Date version published** 9 December 2025

Purpose Statement

Students are able to demonstrate understanding of the influence of personal movement experiences on hauora.

Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> Demonstrate understanding of the influence of personal movement experiences on hauora 	<ul style="list-style-type: none"> Explain the influence of personal movement experiences on hauora 	<ul style="list-style-type: none"> Evaluate the influence of personal movement experiences on hauora

Explanatory Notes

1 *Demonstrate understanding of the influence of personal movement experiences on hauora* involves:

- describing how personal movement experiences influence hauora
- describing how hauora is influenced, using an appropriate model of health
- using examples from personal movement experiences.

Explain the influence of personal movement experiences on hauora involves:

- discussing how and why personal movement experiences influence hauora, using an appropriate model of health.

Evaluate the influence of personal movement experiences on hauora involves:

- drawing conclusions about how and why personal movement experiences influence hauora, using an appropriate model of health.

- 2 For the purpose of this achievement standard, *personal movement experiences* must come from repeated participation in a single physical discipline or sport.

Examples of a physical discipline or sport include:

- mau rākau
- badminton
- sea kayaking.

- 3 For the purpose of this achievement standard, *hauora* must be explained using a model of health. Hauora is a Māori philosophy of holistic wellbeing grounded in bodies of mātauranga unique to Aotearoa New Zealand.

- 4 A *model of health* is a guide to understanding hauora according to aspects or dimensions of the model.

Examples include:

- Te Wheke
- Te Whare Tapa Whā
- Fonua
- Fonofale.

- 5 Refer to the NCEA [glossary](#) for Māori, Pacific, and further subject-specific terms and concepts.

- 6 This achievement standard is derived from the Health and Physical Education Learning Area at Level 6 of *The New Zealand Curriculum: Learning Media*, Ministry of Education, 2007.

Replacement Information

This achievement standard, AS92016, AS92017, and AS92019 replaced AS90962-AS90970.

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