

This assessment is based on a now-expired version of the achievement standard and may not accurately reflect the content and practice of external assessments developed for 2024 onwards.

92018Q



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Physical Education RAS 2023

92018 Demonstrate understanding of the influence of a personal movement experience on hauora

Credits: Five

PILOT ASSESSMENT

ASSESSMENT TASK

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of the influence of a personal movement experience on hauora.	Explain the influence of a personal movement experience on hauora.	Evaluate the influence of a personal movement experience on hauora.

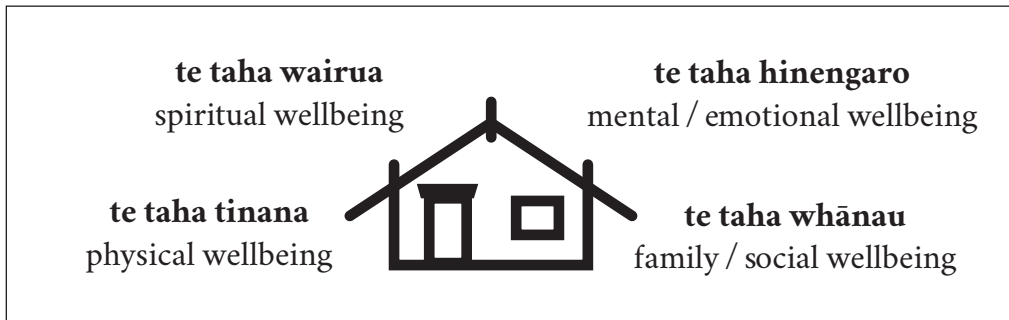
Refer to this document to respond to the tasks for Physical Education RAS 92018.

Check that this document includes page 2.

INTRODUCTION

Te Whare Tapa Whā model of hauora

Mason Durie's Te Whare Tapa Whā model describes hauora as a whareniui with four walls.



Personal movement experiences can influence each of these walls in ways that are different for everyone and can evolve over time.

TASK

- (a) Complete a reflection for each of your three personal movement experiences from your chosen movement context. Show how your experiences influenced the relevant wall(s) of Te Whare Tapa Whā for you.

Reflections may be written paragraphs or written/ audio annotations on still or moving images.

Repeat the following structure for each reflection:

- (i) Identify your chosen movement context. (For example mau rākau or volleyball.)
- (ii) Identify your chosen personal movement experience. (For example a lesson on skill development.)
- (iii) Identify the wall of Te Whare Tapa Whā that was most influenced by your personal movement experience.
- (iv) Discuss how and why this personal movement experience influenced this one wall. The influences may be positive or negative. Give specific example(s).

When you have done three reflections:

- (b) Complete one final reflection drawing conclusions as to how and why your **overall** involvement in this movement context influenced your hauora, referring to multiple walls of Te Whare Tapa Whā. Give specific examples.

Remember:

- *Focus on the influence of the personal movement experience, not on describing the wellbeing model.*
- *Avoid repeating material in your reflections where possible.*
- *Keep your responses to 800 words or 3 – 4 minutes of video/audio in total.*