

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 2026 onwards.

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92018



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Physical Education 2025

92018 Demonstrate understanding of the influence of personal movement experiences on hauora

Credits: Five

ASSESSMENT TASK

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

Refer to this booklet to respond to the assessment task for Physical Education 92018.

Check that this document includes pages 2 and 3, and that neither of these pages is blank.

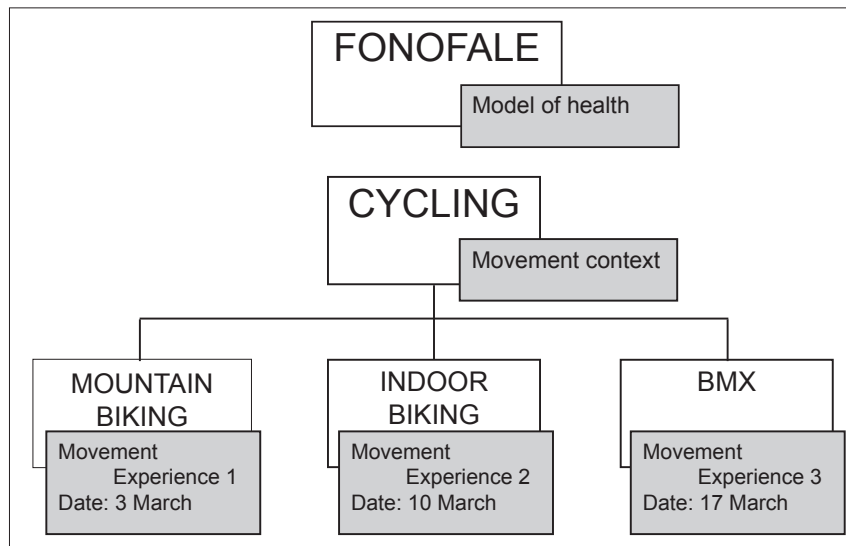
Do not use chatbots, generative AI, or other tools that can automatically generate content.

DO NOT TAKE THESE ASSESSMENT MATERIALS OUT OF THE ASSESSMENT ROOM.

INSTRUCTIONS

Movement influences our hauora in positive and negative ways, and can evolve over time. A way of understanding this influence is through the application of a model of health.

Throughout the year, you will take part in personal movement experiences at different times, within a chosen movement context. For example, you may engage in a movement context such as cycling, and participate in mountain biking, indoor biking, and BMX (OR any three different cycling sessions) as personal movement experiences within this context.



In response to the assessment task on page 3, produce a portfolio that demonstrates your understanding of how and why personal movement experiences influence hauora, as defined by a chosen model of health. Focus on the influence of the personal movement experience on your hauora, not describing the model of health.

REMEMBER

Your evidence should be submitted digitally as follows:

- a document file
- a slideshow
- an audio file OR
- a video file.

You should aim to write no more than **1200 words in total**. Where an audio/video file is submitted, it should not exceed **4 minutes in total**.

Assessment will be based on the quality of the response rather than its length.

Ensure that you select your **specific examples** from **your own participation** carefully, to illustrate the influence on aspects or dimensions of your chosen model of health.

ASSESSMENT TASK

- (a) Identify ONE model of health from the following:
- Fonofale
 - Fonua
 - Te Whare Tapa Whā
 - Te Wheke.
- (b) Identify ONE movement context.
- (c) Identify THREE personal movement experiences within your chosen movement context, including the dates when you completed these.
- (d) Complete a reflection for each of your THREE separate personal movement experiences that come from the movement context you identified in (b).

Each reflection should focus on a different aspect (if you are using a model of health such as Fonofale) OR dimension (if you are using a model of health such as Te Whare Tapa Whā).

Repeat the following structure (i to iv) in each of your THREE movement experiences.

- (i) Identify your personal movement experience and the date on which you completed this (for example, mountain biking on 3 March, 2025).
- (ii) Explain how this personal movement experience influenced an aspect or dimension of your chosen model of health.
- (iii) Give a specific example to illustrate the influence of **your own participation** in the movement experience on an aspect or dimension of your chosen model of health.
- (iv) Explain why the influence may be positive and/or negative.

Note: Do not repeat material in your three reflections.

Personal movement experiences can influence hauora in ways that are different for everyone and can evolve over time. A way of understanding this influence is through the application of a model of health.

- (e) Complete one final reflection where you draw overall conclusions, making connections to **at least FOUR** dimensions or aspects of your chosen health model.
- (i) What have you learnt about how movement influences your hauora?
 - (ii) How might this impact your future movement experiences?

