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## Level 1 Physical Education RAS 2023

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

# EXEMPLAR

**Achievement**

**TOTAL 04**

## **Pickleball**

### **Experience 1: Giving it a Go**

The Te whare Tapa Wha that was impacted was Taha Whanau (social) .It was my first time doing pickleball and it was fun and I think what made it fun was knowing how easy it is to play and just to hit a ball around . We were just playing around and to get the feeling of the game. But we were still learning the rules of the game we were playing.

Socializing this impacted me because I like the game we play with our friends. I enjoyed the sport but I loved seeing the class work together and not joke around and it felt like I was home with my friends. Knowing that everyone was at least trying to learn about the sport was a good thing because if one is trying then everyone else will join .

This was fun to do for me because this was my first time doing pickleball and I enjoyed doing it for the first time but would not do it as a sport. I enjoyed doing it with my friends we had like a little contest to see who is better. The reason I would not play this game as a sport is because I Am more in to running and I did get a little bored playing the game because all you had to do was hit a ball and that's it. I think what would make it more fun would be if everyone would try their best and not joke around, played fare and not a cheater.

### **Experience 2: Learning How to Play Properly**

The Te Whare Tapa whaa that was impacted is mental and emotional. On this day as a class we were learning more about pickleball and how to play it and the teacher was telling us how to play pickleball . After all of that, me and my friends went on our phones so that we could have a better chance of winning the competition and to see more about what pickleball is all about and to learn how to play like a pro. For that period we just learnt how to play as a class. This helped me understand what the game was about and how to play it and that came in handy for the next lesson because we understand how to play.

This was mental and emotional because of the way you have to learn how to understand how to play pickleball. It felt good knowing what to do for next time we play it as a class. And this was helpful because me and my friends knew what we were going to do for our next time we play as a group. And now we knew what to do to win.

Mental and emotional it was not the funniest thing to do with my friends I'm not a big fan of learning i like more to do the sport with my friends but in so I did learn more about pickleball. And now I understand how to play it and can't wait to give a second try. And lucky now that I learned more about pickleball if I where to get asked about the sport by my

teacher I can give her a good answer when being asked the question.



### **Experience 3: Tournament**

The Te Whare Tapa whaa that was impacted is Mental and emotional. The day we had the competition, unfortunately my friend did not make it on time so then I got potted with a new partner, which made me a little angry because I did not know how this person played. But that's fine because there's always time to meet new people. Our teacher called us so that we could get ready to play the competition and let's just say that did not go so well because my partner did not know how to play pickleball and that just ruined my mood because we did not win one game. But in that event it was good to see my teammate enjoying himself and having fun.

This was mental and emotional because of the way you have to look at things and the way you feel well playing the game. And as I was playing the game I feel like I was part of the game and tried my best when playing and I could see where I was making mistakes and tried to work on that well playing.

Mental and emotional it felt good playing a game that I learned about and it feels good to know what to do and not have to second think to yourself. I know if we ever play pickleball again I will do better and just have my right teammate.

### **Final Reflection**

Overall with my involvement in the class and all of the activities we did as a class was fun for my first time in Fraser school. If we were not in the gym we would be the class and this would influence my mental and emotional on the way you would have to understand and have knowledge about the work. And with social it was more difficult because I had to make new friends and meet new people just so that I can't get help or just to do the activity.

We did a lot more in the gym and did a lot of activities but it was not easy to do because some of the kids did not want to take part in the activities. I made sure that I was all part and took part in some of the activities. It was nice to see how my body reacted to all of the

activities and it felt like I was struggling with some of the activities.

We played a game called pickleball. It was nice because it was my first time playing. And that impacted my social way . I felt part of something and I was doing it with a friend and that just made it more fun. Physically my body was fine. I was not sore or anything. I felt like I was good at the game and just enjoyed playing the game.

Our teacher told us that she was going to do a competition with the class and that we must find a teammate that we would like to be with. So me and my friend started to play the game and that influenced us socially because of the way you have to help each other and communicate with each other to win the game. As we played we helped each other with our mistakes to see where we could improve our playing.

But when the day came for us to do the competition my teammate was late. So unfortunately I had to be in a pot with a new teammate. Which was not easy for me because I did not know what his playing style was and I had to try and understand his playing in order to do well in the competition. So that's where the mental and emotional part of the way was hard to process and the knowledge I had to understand the way the game was played and how my teammate was doing in the game and if we had a chance of winning the competition that day. But unfortunately we did not win one game that day and just lost.

## Achievement

**Subject:** Physical Education

**Standard:** 92018

**Total score:** 04

Q	Grade score	Marker commentary
One	A4	<p>The candidate describes in detail how the movement experience (learning the rules for pickleball) influenced a dimension of the Te Whare Tapa Whā model (social dimension).</p> <p>There is a description with relevant examples from their personal movement experience to support the description. However, they do not develop why learning the rules of pickleball with their class influenced their social dimension (connections with others).</p>