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Level 1 Physical Education RAS 2023

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

EXEMPLAR

Excellence

TOTAL 08

Level 1 Physical Education

“Demonstrate understanding of the influence of a personal movement experience on hauora”

My Taha Tinana (physical wellbeing) was affected during the first lesson of surfing at Sumner Beach on February 28th, 2023. This is because during the first lesson of surfing the waves were a moderate size and I had never surfed before. My Taha Tinana was negatively affected during the beginning of the lesson because I had never surfed before, and I had not yet developed the muscles that were required for surfing which made this experience extremely physically challenging. This influenced my Taha Tinana because I was very physically challenged and struggled to stand up as I did not have enough balance and stability on the surfboard, so I kept falling off. My arms were also very sore from paddling so fast to keep up with the moderately sized waves. But by the end of the lesson my Taha Tinana was positively affected because I was able to build up the strength to stand up on my surfboard, my body felt tired and sore, but it made me feel good about myself because I was able to face my physical challenges and I was able to reach my goal of standing up without feeling unbalanced. Even though I found this lesson very physically challenging it still influenced my Taha Tinana in a positive way and encouraged me to continue reaching my goals even if I am sore and tired and ready to give up. This experience affected my Taha Tinana so heavily because I had not yet built up the muscles that I needed to, I was very sore the next day because I had used muscles that I do not use very often.



(Sumner Beach 28th February. This is me trying to stand up, but I was getting unbalanced)

My Taha Hinengaro was positively affected during the second lesson of surfing at Sumner Beach on March 14th, 2023. This is because the waves were very flat, which gave me lots of confidence. My Taha Hinengaro was influenced positively because the calm waves enabled me to stand up which brought me enjoyment and a feeling of success. The peaceful waves took my mind off the worries that I had originally had and made me enjoy my time out surfing. The calm surfing conditions influenced my Taha Hinengaro in a positive way because I had a feeling of ease and confidence to continue reaching my goals of standing up on my surfboard and being out in the water made me feel calm and relaxed. These surfing conditions affected my mental and emotional wellbeing very positively because I did not feel restricted and challenged and I felt a lot of assurance as to what I could do. Rather than feeling anxious and doubting my abilities.



(The calm waves on the 14th March at Sumner Beach during our second lesson that influenced a positive outlook on my Taha Hinengaro. I am the person on the far right)

My Taha Hinengaro (mental and emotional) wellbeing was affected during the third lesson of surfing at Sumner Beach on April 4th, 2023. During this lesson we went out the back of the waves, on this day the waves were large and dumpy which affected my Taha Hinengaro in a negative way because I was nervous and worried. My Taha Hinengaro was negatively affected because when we were going out the back I was being pushed around by the waves and I felt frustrated that I could not get out the back as easily as all the other students. My Taha Hinengaro was also negatively affected because I felt embarrassed that my instructor had to come and help me when everyone else was already out the back and I was still struggling. Once I got out the back my Taha Hinengaro was positively affected because I had faced a big challenge and I was happy that I had been successful and made it out the back even though I was frustrated and embarrassed. This experience affected my Taha Hinengaro negatively because I felt out of place because everyone else was not finding it as challenging as I was, and I was frustrated that I was struggling so much. My Taha Hinengaro was affected so much by this experience because I am normally a positive person, but on this day, I felt very frustrated, and I had a negative mindset and felt very vulnerable trying to get to the back of the waves.



(April 4th Sumner Beach, I am the one with the red board at the back being led out to the back by my instructor because I was struggling with the big waves.)

My overall Hauora was affected by surfing at Sumner beach. Taha Hinengaro (mental and emotional wellbeing) was the wall of my Hauora that was affected the most. This is because I found surfing very mentally challenging, having to push myself out of my comfort zone and do challenging things, but once I got past negative thoughts, I had a positive experience. Surfing affected me in a positive and negative way this is because I found many aspects of surfing frustrating like not being able to get out the back of the waves, but many aspects made me feel happy and I liked that I had some success, such as when I stood up for the first time. My Taha Hinengaro and Taha Tinana worked together while surfing at Sumner Beach to make me have a positive and negative experience. This is because I felt that my Taha Hinengaro was negatively affected by my Taha Tinana because I was not able to get up on my surfboard during the first lesson because I did not have the muscles required, I struggled to get out the back of the waves during the third lesson because I was not physically able to. This played a role in my Taha Hinengaro, leading me to feel frustrated and annoyed that I was struggling so much. But when I finally stood up during the first lesson, my Taha Hinengaro was positively affected because I felt happy and proud that I could stand up, even though my muscles were tired and sore I still felt accomplished. Overall, I think surfing at Sumner Beach had a positive and negative affect on my Taha Hinengaro and Taha Tinana and I think if I were to surf again, I would go to the gym beforehand to improve my muscle capability to have a more positive outlook on my Taha Hinengaro and Taha Tinana.

Excellence

Subject: Physical Education

Standard: 92018

Total score: 08

Q	Grade score	Marker commentary
One	E8	<p>The conclusion contains specific examples of how the different surfing experiences influenced hauora. Comprehensive understanding is demonstrated by the discussion on how and why the different dimensions (Te Taha Hinengaro, Te Taha Tinana) have impacted each other and how surfing has influenced their overall hauora by them feeling accomplished (1).</p> <p>Insightfulness is demonstrated by understanding what changes need to occur in the future that will have a positive influence on their hauora (2).</p>