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Level 1 Physical Education RAS 2023

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

EXEMPLAR

Merit

TOTAL 06

On our first mountain biking trip, one personal movement experience that I had was learning how to use and control my bike properly. Because I have never gone mountain biking before, it was a new experience for me, and it took me a while to learn how to get past sharp turns and slow down when the ground surface changed. It was also new learning how to use hand signals to keep myself and others safe while out on rangituhi. Te taha tinana influenced how I was learning to control my bike properly because it was definitely physically challenging on my whole body especially my legs and back. Going around the sharp turns and going up and down big rocky hills while the weather conditions weren't the best definitely challenged my body and it took a lot of stamina to get through the ride. The positives of te taha tinana influencing learning how to control my bike are that I learned how to use the bike properly including, gear shifting when I needed to and how to pace myself so I don't burn out in the middle of our trip. It also prepared me for our later trips that would become more difficult and long as well as hard. Some examples of me demonstrating this was getting tired before we even got to rangituhi because I didn't have an idea of how long the trip was going to be so I went hardout on the way there and that made it difficult for myself on rangituhi and on the ride back to school. On our later trips I knew to conserve my energy which made the trips more enjoyable and easy for myself.

On our second mountain biking trip a personal movement experience that I had was going on a pump track for the first time. Te taha hinengaro influenced how I approached the pump track because the first drop was pretty high and made me nervous but after we did the Tumeke track on Rangituhi it didn't look as scary and the bad weather didn't phase me as much because I knew how to be safe. After I did it once it became easier to go down multiple times to get the video evidence I needed. Going down the pump track had positive influences on te taha hinengaro because I got over the mental issue of being scared of going down and did it over and over again. It also helped me with our next trip where we did another fast paced track at Whitireia and it wasn't as scary because I had already done this experience to help me get through it safely and properly. An example of this is when I didn't want to go down the pump track at first and was letting people go in front of me but after I finally went down I had no problem going again without hesitation because I knew I could do it.

On our last mountain biking trip a personal movement experience that I had was doing the blaster trail at Rangitūhi after we had already been to Whītīreia. This trip made me extremely tired so I was glad we took a break at the cafe before we headed to the knob. Te taha whānau was most influenced by my movement experience because after the Whītīreia track I was ready to end the trip and we were told that the blaster trail was optional but once we got up there as a group we decided that we would all go up and just try to see if we could do it and we all ended up finishing the trail. Even though the way up was brutal and we were all extremely nervous to go down, it wasn't as bad as I thought it would be and was actually really fun. I would have done it again if I wasn't so tired. Te taha whānau really played an important roll in this experience because if it wasn't for the whole group then I might have not gone and done the blaster track. This movement experience influenced my Te taha whānau because it made the experience enjoyable and safe for everyone as we all lifted each other up and took care of each other when we went to do that track. I would say they were positive influences because even though some of us had decided that we were not going to pick the option to do the track we all ended up going anyways and finished it together. Some examples of us lifting each other up was when we had all come down from the trail and were clapping for each other when we made it down and before the first person even went down and we were hyping each other up to have a go.

My overall involvement in these movement contexts influenced my hauora as a whole because it affected my mental, physical and social wellbeing. Whether it was before, during or after our trips, all of my personal movement experiences helped me learn lessons and skills which challenged me mentally and physically and I learnt something from each of those trips. An example of this is when we were on our last mountain biking trip which was longer and more difficult than our other trips so it challenged my te taha tinana. Around the end of this trip we went on the blaster trail which challenged my te taha hinegaro because I didn't think I could do it but once I tried I found out I was capable and it ending up being fun. Also before we went on blaster I wasn't planning on going up but together as a group we decided to give it a go anyways and we convinced and built each other up to have a try which was influenced by my te taha whānau because we worked together as a team to accomplish our goals. All these walls of te whare tapa whā work hand in hand to influence my hauora.

Merit

Subject: Physical Education

Standard: 92018

Total score: 06

Q	Grade score	Marker commentary
One	M6	<p>The candidate discusses in detail how and why the movement experience has influenced dimension/s of the Te Whare Tapa Whā model.</p> <p>They have identified, while doing the movement experience (first mountain biking trip), how this has influenced their Te Taha Tinana, using relevant personal examples to support the how. For example, going around the sharp turns and going up and down big tricky hills.</p> <p>They have discussed in detail why the movement experience has influenced their Te Taha Tinana, with personal movement examples. For example, "it also prepared me for our later trips that would become more difficult and long as well as hard".</p> <p>The report does not yet draw conclusions that reflect a comprehensive and insightful understanding of the movement context (biking) with how and why this influenced their overall hauora. For example, the personal evidence could have discussed why the movement context, with relevant examples, influenced their overall wellbeing (referring to multiple dimensions).</p>