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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Physical Education RAS 2023

**92019 Demonstrate understanding of influences on movement in Aotearoa New Zealand or the Pacific**

# EXEMPLAR

**Excellence**

**TOTAL 08**

## Level 1 Physical Education RAS 2023

### 92019 Demonstrate understanding of influences on movement in Aotearoa New Zealand or the Pacific

a) My movement context is Mountain-biking

b) (i) My te ao maori influence is Tuakana/teina

(ii) Discuss how and why the tuakana/teina relationship affected Mountain biking with specific examples from your own experience.

On Friday the 18th of August at the Whakarewarewa Mountain Bike Park in Rotorua a tuakana/teina relationship affected my overall enjoyment of mountain biking. Matt, my instructor, was a (Tuakana) helping to teach and support me, the (Teina). He passed his experience and knowledge onto me, giving me a better understanding of how to mountain bike, improving my overall confidence in tackling the trails and my enjoyment of mountain biking. At the start of the day, I felt like I was going to fall over the handlebars every time I went down a slope. This made me nervous and I took up a rigid position on the bike. I rode slower down the slopes to prevent falling off, holding some of my team members up. I was consciously worried about falling off my bike and had low confidence and belief in my riding. Matt, my instructor, told me " You want to keep your weight in the middle of the bike or slightly back and not forward", "To keep your arms and legs relaxed so you flow better over the bumps." Matt's quality feedback allowed me to understand where I needed to improve. I was able to realise my mistake of keeping too much weight forward and act on this. This slight change helped increase my balance and stability on the bike leaving me feeling so much more confident on the trails. I was able to enjoy riding instead of being constantly worried about falling off. I rode faster down the slopes, no longer holding up my teammates, giving me a sense of satisfaction. Overall as the Teina (less experienced) I felt having a Tuakana allowed me to improve much faster as I gained knowledge on how to improve rather than improving through trial and error. Because I improved much faster my satisfaction and enjoyment from mountain biking increased, making me want to continue mountain biking in the future.

(iii) Draw conclusions on the importance of a tuakana/ teina relationship in relation to mountain biking. From this mountain biking experience I have come to understand the vital importance of having a Tuakana in guiding the Teina. Teina need people with more knowledge and experience, to teach them the correct positions to hold on the bike when riding different sections of the trail, such as the slopes and berms. This improves their safety and enjoyment as they have increased balance and stability and are less likely to fall off or get injured. A tuakana helps to motivate a Teina and support them to be better. Without a Tuakana it is much harder to learn as you get so focused on what you're doing wrong, and have no knowledge on how to improve. In Mountain biking I tried going slower down the slopes to prevent falling off my bike whereas in reality I needed to lean back. Without a Tuakana to guide me I wouldn't have understood where I was going wrong and it would have taken me much longer to improve. Mountain bike parks also have many tracks of different grades and abilities, it's important to have a Tuakana who can guide you so you don't end up

on a trail too advanced for you, which could lead to injury and potentially make you want to give up mountain biking. Having a Tuakana isn't just important in Mountain biking but also when learning other sports, and even in the education system. This is why we have teachers in schools, to guide and support those with less knowledge to continue learning and improve. Without a guide it's easy to become lost and lose motivation.

(c)

**(i) The Influence on my chosen movement context (mountain biking) is Balance and Stability**

**(ii) Discuss how and why Balance and Stability affected mountain biking with specific examples from your own experience.** The principles of Balance and stability played a crucial role in my mountain biking experience as it allowed me to stay upright on my bike and to tackle different sections of the trails without falling off. When I went down the steep hills I learned to distribute my weight further back, keeping my bottom positioned just behind my seat. This helped to keep my line of gravity in between my area of base support helping prevent me from falling over the handlebars. A few times I would hit a bump or break too much causing me to slide forward, keeping my weight further back meant I could recover from these slight errors and prevent my line of gravity drifting too far forward. When going up a hill I leaned forward, distributing my weight further forward allowed me to keep my line of gravity between my area of base support so I didn't wheelie or fall off the back of the bike. I also used my body as suspension, bending my arms, legs and relaxing my muscles. This helped me to absorb the shocks from the rough terrain, increasing my balance as my centre of gravity remained much more stable and was closer to the ground. Originally I was nervous and had stayed very rigid and upright on the bike making me feel less stable, decreasing my enjoyment of mountain biking. I felt each bump, my centre of gravity moved around constantly, and I had to constantly adjust my weight to remain upright on the bike. Gaining an understanding of balance and stability improved my enjoyment of mountain biking as I knew where to put my weight during different sections of the trails making me feel more confident and safe. Without this knowledge my mountain biking experience would have been much harder, falling off constantly, making a fool of myself and being scared to try again. Whereas I felt safe, confident, making me enjoy mountain biking.

**(iii) Draw conclusions on the importance of Balance and Stability in relation to mountain biking.** Having a good understanding of the principles of balance and stability is crucial when learning to mountain bike. It allows you to feel more stable and balanced on the bike. You're more likely to give the trails a go and are less likely to fall off and get injured. Learning a new skill like mountain biking can be scary so that slight confidence boost from feeling stable on the bike could be the difference between someone continuing to learn to mountain bike or giving up. Having an understanding of the principles of balance and stability allows you to know where to distribute your weight on different sections of the trails. As long as they adjust their weight and body position to keep their line of gravity between their area of base support they should remain upright on the bike. They can then apply this knowledge to all trails making learning a lot faster, rather than simply learning how to master each individual corner and bump. Knowledge of the principles of balance and stability is important in mountain biking but also in all other sports as having this knowledge allows progression of learning new skills and sports much faster. This allows individuals to gain satisfaction early improving the likelihood that they won't give up and keep going. When first

learning to mountain bike it's your natural reaction to bike slowly to prevent falling off, however when you have an understanding of balance and stability you will understand speed is your friend. Speed helps to keep your balance especially when going around the berms as the forward momentum resists changes in orientation and is what allows you to stay on the bike even when your line of gravity falls outside of your area of base support. Without knowledge of balance and stability it would be much harder to successfully corner the berms and remain on the bike.

## Excellence

**Subject:** Physical Education

**Standard:** 92019

**Total score:** 08

Q	Grade score	Marker commentary
One	E8	<p>The candidate drew conclusions that reflect how and why a te ao Māori influence (tuakana teina) and a biophysical influence (balance and stability) affected their chosen movement context of mountain biking.</p> <p>The candidate supported the conclusions relating to the influence of balance and stability when mountain biking by including relevant and well-selected examples from their participation. These included the importance of weight distribution and speed when it comes to keeping your balance and remaining on the bike even when going around berms.</p>