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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Physical Education 2024

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

EXEMPLAR

Achievement

TOTAL 04

Level 1 Physical Education 2024

Demonstrate understanding the influence of personal movement experiences on hauora.

My understanding of the influence of personal movement experiences on hauora.

Identify one movement context

- Lawn Bowls

Identify my personal movement experiences.

My three personal movement experiences from lawn bowls are experience 1: lessons, experience 2: practice games 3: competitive games.

First Experience:

From my first experience, the part of my Te Whare Tapa Wha most influenced by my hauora was mental / emotional. I personally wasn't looking forward to going to lawn bowls or having lawn bowl lessons due to thinking it was a sport for older people. Although this was my mindset going into it I had to stay resilient and get through it. This would have had an impact on my participation at first due to my lack of energy towards the game, by the end of the lessons I was enjoying myself and I was glad I gave it a go and continued to persevere. I still feel that it had a positive impact on my hauora because continuing to persevere during this time made my hauora stronger and led to me actually enjoying myself.

Second Experience:

During the second experience, practice games the part of my Te Whare Tapa Wha I feel was most impacted would have been physical. I had to concentrate on my body alignment to make sure I was in the correct position, down low enough and having my hand placed on the bowl correctly. This was a positive and negative impact as I really struggled with holding the bowl correctly in my hand which had a negative impact as my hands were starting to get sore. The positive impact in this experience was my body alignment as I was able to get low enough to the ground to have the correct posture and positioning to swing my arm back a little bit before letting the bowl out of my hand and letting it roll towards the other ball.

Third Experience:

The third experience, competitive games, had an impact on my Te Whare Tapa Wha as I was able to be socially engaged. I was able to be socially engaged because during the competitive games I was able to chat with other teams / players who we hadn't already had a couple practice rounds against and I was also able to watch their tactics and see what they do to try and get the ball closer or I was able to talk to people outside of class or at all. This was a positive impact on my Hauora because I thrive off being able to talk to people and I continued to play well so I wouldn't let my teammates down during the competition period of time.

Conclusion

In conclusion I was able to learn from participating in the movement that although I may not enjoy something I should still give it a go and try it because I may just find out that I do enjoy the activity and what it may have to offer. This leads onto how it positively impacted my Te

Whare Tapa Wha. This was a positive experience and had a positive impact on my hauora's social impact as I was able to become more resilient and still give things a go even if I didn't want to try it out or felt like I wouldn't enjoy it. This leaves me with a positive aspect and looks at things I may not enjoy or may not have tried out before because now I am aware I should just give it a go and continue to try it out instead of just automatically giving up. I was also able to learn that lawn bowls has a lot more of a physical impact that I thought it would of had as you continuously have to walk up and down the pitch in the hot sun so I had to make sure my body was staying hydrated as well as my mind-body connection was working well to coordinate going down onto one knee while swinging my arm back slightly before letting the bowl go. The social part of my Hauora had a positive impact as I was able to talk to new people about their own personal tactics as well as being socially engaged in a game I now enjoyed playing with my teammates during the competition period. This leaves me with the last 'wall' of my Te Whare Tapa Wha, Hauora aspect spiritual. Although I didn't talk about this in my main three paragraphs it was still effective as I had to stick to one of my personal morals of not giving up and giving everything a go so that I would have an open mind towards lawn bowls. This was yet another positive impact on my Hauora as I continued on although I wasn't enjoying the game at first and finished off the day by enjoying it. All four of the hauora aspects were affected positively during the game of lawn bowls and the positive definitely outweighs the negatives of that day.

Achievement

Subject: Physical Education

Standard: 92018

Total score: 04

Grade score	Marker commentary
A4	<p>The candidate has identified the movement context as lawn bowls and described three different movement experiences, with specific personal examples. For example, they have described how their Taha Hinengaro was positively influenced in a lawn bowls lesson.</p> <p>In the conclusion, the candidate described how their hauora has been positively impacted through the movement experiences of lawn bowls, by describing different aspects of Te Whare Tapa Whā.</p> <p>To move to a Merit grade, the candidate needed to explain why and how the movement experiences have influenced their dimensions, as well as provided specific and more detailed examples.</p>