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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

Excellence

TOTAL 08

My Taha Tinana was mostly impacted during my first lesson on July 25th 2024 with a movement experience of a skill and drill development session. I had never played Basketball, I had no skills, neither were my muscles equipped for the drills. My Taha Tinana was negatively affected by the Dribbling relay. An example of this was when I could not successfully dribble the ball. The negative impact was shown when I constantly had to run after the ball. My legs were aching, and I felt out of breath. I was physically exhausted. Towards the end of the lesson my Taha Tinana was positively influenced. An example of this was when I successfully dribbled the ball. The positive impact was shown when I could dribble around the cones at a fast pace, enhancing my personal goals such as hand-eye coordination, body control, and developing new skills. This was shown when I was no longer having to run after the ball and I was able to have more controlled and effective movement. Overall this helped strengthen my muscles and develop new skills benefiting future lessons. Overall, my Taha Tinana was both negatively and positively impacted by the skill and drill development.

My Taha Hinengaro was mostly impacted during my second lesson on August 1st, movement experience of a Tournament Style Game. My Taha Hinengaro was negatively impacted at the beginning of the lesson. An example of this was when I played against "Team Sonic". I felt anxious that I couldn't help my team. The negative impact was shown when I opted to be the first sub. My negative thoughts overshadowed the enjoyment of the game. As the game slowly progressed I realised that my new skills helped me advance the team. An example of my Taha Hinengaro being positively impacted was when I was able to score points closing the gap between us and sonic. This positively influenced my Taha Hinengaro helping me feel more confident. The positive impact was shown when I started shifting my focus from individual development to building team relationships. An example of the positive impact of the movement experience on my Taha Hinengaro was despite losing the game I felt happier and felt a sense of enjoyment and accomplishment. All these factors positively contributed to helping me overcome the anxiety and pressure I had experienced in the beginning of the lesson. To conclude, my Taha Hinengaro was both positively and negatively impacted by the movement experience of a Tournament-Style Game.

My Taha Whanau was mostly impacted during my third lesson on August 9th 2024 with a movement experience of a 3v3 game. My Taha Whanau was negatively impacted. An example of this is playing with only two players on court making me feel restricted. My Taha Whanau was mainly positively impacted during the 3v3 Game. An example of this was through Zonal Defence. Zonal Defence required me to work with my teammates positively impacting my Taha Whanau. My effective communication and active listening skills strengthened my Taha Whanau. The effectiveness of our communication showed in a strong defensive line. An example of my Taha Whanau being positively impacted was when I communicated with my teammates to roll sub. This strengthened my bond with my team and enhanced my teamwork skills. Furthermore, the aspect I had found negative in the beginning; restriction of team numbers was what I later found had a positive impact as well. Despite the restriction of the number of teammates playing at a time, when I did get to play, I noticed that I was able to strengthen my bond with the teammates on court. My Taha Whanau was mostly positively impacted.

Overall, the movement context of Basketball positively enhanced my hauora. Through Basketball I learnt that my Taha Wairua had the biggest positive impact on my overall performance. In each lesson my Taha Wairua was positively influenced. By incorporating my values of perseverance and determination I positively enhanced my Taha Tinana. I learnt through Basketball that by persevering I was able to learn new skills and more about my physical abilities. This was more linked to my perseverance in the drill and skill development session. In addition, my Taha Whanau was positively impacted by Basketball. I learnt that I am someone who works better in team environments. Through positive influences on my Taha Whanau I was able to enhance my teamwork skills. Moreover, my taha hinengaro was positively influenced by Basketball linking to Taha Tinana. My Taha Tinana positively impacted Taha Hinengaro. By developing new abilities I felt more confident. Overall, I can draw a conclusion that in the future I can positively influence each dimension of my Hauora through movement by participating in team based activities which allow me to push myself to persevere and develop skills helping me feel more confident. In conclusion, I can

draw a conclusion that the movement context of Basketball had a positive influence on my Hauora helping me have more positive outcomes within my Hauora in future movement contexts.

Excellence

Subject: Physical Education

Standard: 92018

Total score: 08

| Grade score | Marker commentary |
|-------------|---|
| E8 | <p>The candidate has identified the movement context as basketball and evaluated three different movement experiences with specific and thoughtful personal examples. For example, they have reflected on a tournament style game movement experience, where they evaluated how and why, through the movement of playing against “Team Sonic”, it influenced their Taha Hinengaro dimension. The candidate then reflected on why this shift in focus had a positive impact on their Taha Hinengaro, despite losing the game.</p> <p>In the conclusion, the candidate showed insight in how and why the movement context (basketball) has influenced their hauora. They have not summarised each movement experience but have focused on drawing a conclusion from all the movement experiences.</p> <p>The candidate has described and explained what they learnt about themselves through the experiences. They have shown insight (how and why) into what influences their hauora, and has discussed each dimension of Hauora.</p> <p>The candidate has also articulated what they could do to enhance their hauora (making recommendations), not just about this movement context but about their lives, moving forward.</p> |