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## Level 1 Physical Education 2024

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

# EXEMPLAR

**Achievement**

**TOTAL 04**

My movement context is Disc Golf, my biophysical principle is force summation and my Te Ao Maori context is Tuakana-Teina.

Tuakana-Teina has a positive influence on sports worldwide as it is a way for people with more experience to be able to teach and guide people with less experience to thrive in their chosen sport. For example, when our two PE classes went on a trip to play Disc Golf at H [redacted] in [redacted] in term one, we played a tournament where we were paired in a group with a more experienced player and a less experienced player. I was paired with C [redacted] and we started playing I noticed that C [redacted] was struggling to find his rhythm and get a good round going, so being the more experienced player, I gave C [redacted] tips on how to hold the disc, how to properly release the disc and how to make the disc go in the direction that he intended it to go in. Another example of this happening during our trip was when C [redacted] was on my team and was stuck behind a tree and didn't know which direction to throw, so I showed him how to throw the frisbee to make it curl so he did it the way I showed him and he almost holed out. Tuakana-Teina has taught me that you don't have to be the best in your team in your sport but you just have to have the ability to read the game and use strategy to the best of your ability. Also, Tuakana-Teina has taught me that you have to be patient and you need to be sympathetic. By doing this you will be able to help out the person you're helping to the best of your ability, meaning that they can thrive on the information you've given them. In the future, this could be valuable learning because you can show someone how to improve in sports and real-life situations, for example, on a building site.

Force-summation has a positive influence on Disc Golf because it allows you to throw the frisbee further by tweaking your technique a little bit. Force-summation is made up of three pillars, the sequence of your muscles, using bigger muscles before little muscle, timing, how you don't want to swing your arms first and then your legs follow, and using as many muscles as possible. In sports, I believe that force summation is an important thing to learn because it is the foundation of how your body works to be able to throw or swing something as hard and as far as possible. In term 2 when we went on our disc golf trip to H [redacted] in [redacted] we played disc golf in an ambrose group which is when both people throw their discs and then take the best disc for the next shot. Using force summation, I was able to give myself maximum results when it came to throwing the disc as far as possible. For example, when we were playing, we were facing a long hole and we needed to throw the disc as far as possible, using force-summation. I was able to think about what muscles I needed to use for example legs, hips, shoulders, arm, and core. Then I was able to think about the sequence of using my bigger muscles before my smaller muscles, for example by using my legs, hips, and core before my shoulder and arms, I was able to generate the most amount of force that I could throw the disc as far down the fairway as possible. Then I was able to think about the timing of my muscles. By using the correct timing and thrusting my lower body before my upper body, I was

able to fling the disc around my centre of gravity and throw it as far down the fairway as possible.

Using force summation throughout the year has enabled me to fully understand how the biomechanics of the body works. For example, using force summation in something I enjoy doing, for example golf. In golf, I can use the correct sequence, the right timing, and the most amount of muscles. When I play golf to allow myself the best possible results I have to ensure that I'm using the correct amount of muscles, for example using my legs, arms, chest, shoulders, and hips ensuring that my timing of sequence of muscles is correct for example using my lower body to shift my weight back and then using my upper body to rotate the club around my chest. Then I can use the correct timing to make sure that my lower body moves first and then my upper body moves with it.

## Achievement

**Subject:** Physical Education

**Standard:** 92019

**Total score:** 04

Grade score	Marker commentary
A4	<p>The candidate has described how the te ao Māori influence of tuakana-teina and the biophysical influence of force summation have positively affected their chosen movement context of disc golf.</p> <p>Descriptions of tuakana teina were supported with relevant and specific examples. This included providing instruction to their teina on how to hold the disc correctly and how to curl the disc when throwing.</p> <p>Key components of force summation are described and relevant personal examples of timing and sequencing, when throwing a disc during their game of disc golf, are provided.</p>