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Level 1 Physical Education 2024

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

EXEMPLAR

Excellence

TOTAL 08

One movement context I focused on this year was the sport AFL. An experienced AFL instructor (N■■), from AFL New Zealand, came in to teach the sport to the class. During these lessons I learnt about and applied the Te Ao Maori concept of Tuakana/Teina in the movement concept AFL. Tuakana/Teina is the reciprocal learning between an expertised teacher (the Tuakana) and a beginner in that discipline (the Teina). The combinational learning between a Tuakana and Teina allows for both individuals to share a valuable connection in a learning process. In AFL, N■■ (the Tuakana) and I (the Teina) shared a valuable Tuakana/Teina relationship when N■■ taught the class that positively affected my participation in AFL. N■■'s confident leadership, expertise, and effective communication - such as using demonstrations and hand gestures - benefitted my understanding and success/participation in AFL as the Teina because it enabled me to gain clear and precise information needed to feel confident in particular movements. For example, with the AFL skill the hand pass, N■■ used clear instructions to explain the hand pass in AFL - "put your hand out flat and with a slight swinging motion follow through with your arm and make connection with the ball with your fist" - helping me to complete the action with correct and traditional technique. Additionally, he gave me tips when I was struggling with accuracy - "make sure your shoulders are facing your target" - which increased my participation. To show respect, as Teina, I effectively listened to N■■ and participated by answering questions which positively affected both my understanding of AFL and N■■'s teaching as he felt supported whilst leading our class. The lessons learnt from sharing a Tuakana/Teina relationship in AFL are useful to implement in all aspects of life as it brings the two individuals together. Therefore, I will try to create other Tuakana/Teina relationships with my future teachers, coaches and peers to benefit our understanding and mutual connection to help achieve a common goal. From the learnings from my connection with N■■, I will, as the Tuakana in future relationships, be a supporting leader and, as the Teina, be considerate and respectful. Implementing future Tuakana/Teina relationships is also highly important in the upholding of the Maori culture so that future generations can learn from Te Ao Maori concepts (like Tuakana/Teina) to implement in their own lives.

The biomechanical principle force summation also positively influenced me in my movement context AFL. Force Summation is the combined sum of all forces produced by each body part to exert onto an object or force and is crucial to successfully and optimally carry out the movements in AF/. For optimal force application in a given movement you must express force summation with correct factors - correct sequencing, large variety of muscles and high range of motion. In a given action, the more body parts used and more range of motion used directly increases the total force that can be used/ applied to an object. Furthermore the sequencing in when and which body parts to use must be from the biggest muscles to the smallest, big muscles for power and force and little muscles for accuracy and speed, and in correct timing to apply/be able to use maximum force. One skill that N■■ taught us was the "drop kick". A drop kick, described by N■■, is where you hold the AFL ball with the balls "laces away from faces", with your hands presenting a "maccas M" shape, and with your hips facing the direction you intend the ball to go, to drop then kick the ball powerfully. When performing the "drop kick", to apply optimal force summation, I used optimal range of motion by having my arms extended out in front of me so that my legs would have a higher range of motion; being able to exert more force onto the AFL ball. To further apply force summation to the drop kick, I used the most amount and also used correct timing of my muscles (big to small) whilst in movement. For example, I extended my leg backwards (at the hip joint) behind me whilst flexing my knee hinge joint, then reversed the action to use my big muscles (quadricep and hamstring) to make a kicking action to then finally move on foot from plantar flexion to dorsiflexion to complete the movement with optimal force and accuracy. With the valuable knowledge gained from applying the influence of force summation to the "drop kick" skill in AFL, I was able to complete the "drop kick" to a high standard, increasing my participation in AFL. Additionally, the information gathered from the influence of force summation allows me to apply it to any other movement I may struggle with in the future. This will enable me to have a better understanding of myself and my body during a future action to comfortably execute any and all movements that I try.

Excellence

Subject: Physical Education

Standard: 92019

Total score: 08

Grade score	Marker commentary
E8	<p>This is a comprehensive evaluation of how tuakana-teina has influenced the candidate's participation in AFL, supported with several detailed examples explaining how and why this has positively influenced them.</p> <p>The candidate has also made suggestions about how this te ao Māori influence could improve future outcomes for them. The concept of tuakana-teina is rooted in the reciprocal learning relationship between a more knowledgeable teacher (tuakana) and a learner (teina). The candidate drew conclusions about how in their experience with AFL, this relationship fostered a supportive learning environment, which built their confidence and understanding of the sport.</p> <p>A clear understanding of force summation is demonstrated, and clear explanations and understanding of this influence are provided. The candidate made suggestions for improving future outcomes, as well as drawing conclusions about how force summation significantly improved their ability to execute the AFL drop kick. By understanding and applying the principles of sequencing (using larger muscles first), timing, and optimal range of motion, they were able to perform the skill to a high standard.</p>