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## Level 1 Physical Education 2024

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

# EXEMPLAR

**Merit**

**TOTAL 06**

## Exam: 11 Sport Development 1.4 External Assessment

Number of words: 838

### Te Ao Maori Influence - Manaakitanga

During the game of Ki o rahi I implemented the Te Ao Maori influence of Manaakitanga. Manaakitanga means to show your kindness and support to others around you, whether that be your teammates or even your opposition. It can also be used to show character through a challenging or uncomfortable situation. An example of when I represented manaakitanga during the game of Ki o rahi was when me and my teammates had collected 4 or 5 pou and threw the ball (ki) into the middle, where my teammate Kawa was standing in a position where he could collect the ki. K [redacted] tried to through the ki at the bin (tupu) and missed slightly. K [redacted] seemed to be a bit embarrassed as people were laughing and saying rude and negative gestures towards him. In result of this it lead to him also feeling annoyed and frustrated. I saw how these gestures were affecting him mentally, but also affecting his physical performance and this is when I decided to approach K [redacted] I told him "Its all good bro, don't worry about it you've got the next one". Another example of when I implemented Manaakitanga was when my teammate I [redacted] was using zonal defence to try and prevent J [redacted] from scoring but also mark J [redacted] out of the game. When he went in for J [redacted]'s tag he missed it completely and this allowed Joey to run into the try zone and score 3 points. Isiah felt as he had let our team down but this was not the case. As I walked past I [redacted] I made an effort to let him know that "Its all good bro we're still in this game". These examples had a huge impact on the boys performances for the rest of the match. This is because it gave them belief and understanding that we could still win despite being down and that their minor error wouldn't affect the games final result. It is important that teammates still have this belief and winning mindset so every one in your team can succeed collectively. To summarise these two actions of Mannakitanga defiantly had a positive influence of my teams success during this game of Ki o rahi. It goes to show you that a few words of encouragement and also showing your support to one another can go a long way in terms of your teammates well-being but also your teams overall success.

### Biophysical Influence - Projectile Motion

The content I am going to use for this section is the activity we participated in as a class which was Ki o rahi. The principle I am going talk about that relates to Ki o rahi and relates to the topic of biophysical influence is using projectile motion. There are three main principles of projectile motion these are speed of release, angle of release and height of release. An example of when I implemented projectile motion into the game of Ki o rahi was when I released the ball over the tupu to pass it to my teammate J [redacted]. This was so he could have a better opportunity to hit the tupu and score more points for our team. This would then give us an advantage and help us take the lead. Before releasing the ki (ball) I had to take these principles into consideration, the angle of release, speed of release and the height of release. For the angle of release I made sure I was throwing the ball at a 45 degree angle, this was so when the ball was traveling through the air it got the best distance fitted to the pass I needed to make. Even though the speed of release has similar

factors as the angle of release the speed was still important. The speed I was passing the ball at had to be a fast pace so it could reach J[REDACTED]. However, I still needed to make sure it would not get defended and intercepted by the two boys defending the tupu in the opposite team. The last principle I had to implement was the height of release. The height of release is important as the higher the level of release the greater distance covered in flight. This means as I released the ki I had to release the ball at the correct height to make a successful pass to my teammate J[REDACTED]. This is just one example of when I implemented projectile motion in the game of Ki o rahi. Projectile motion had an influence on my performance as it helped me calculate the correct distance, height and angle needed to make a beneficial pass. To summarise this example of projectile motion had a positive affect on our teams performance while participating in the game Ki o rahi. It indicates this because these principles helped me and my teammates make successful passes and also helped us work together to score more points and overcome our opposition.

## Merit

**Subject:** Physical Education

**Standard:** 92019

**Total score:** 06

Grade score	Marker commentary
M6	<p>The candidate explained how and why their chosen movement context of kī-o-rahi was positively influenced by te ao Māori manaakitanga and the biophysical influence of projectile motion.</p> <p>Examples were personal and relevant to the movement context. These included an understanding of manaakitanga, and how using words of encouragement and support, to remind team members that if they made a minor error, it wouldn't affect the game's final result. This meant they didn't become discouraged and held onto a winning mindset.</p> <p>The candidate demonstrated sound and accurate biophysical knowledge through their example of how before throwing the kī. They calculated the best angle of release (45 degrees) to achieve optimal distance and height, ensuring the ball travelled accurately to player 1. This strategic use of projectile motion helped their team take the lead in the game.</p>