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# 1

92018



Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Physical Education 2025

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

Credits: Five

#### ASSESSMENT TASK

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of the influence of personal movement experiences on hauora.	Explain the influence of personal movement experiences on hauora.	Evaluate the influence of personal movement experiences on hauora.

Refer to this booklet to respond to the assessment task for Physical Education 92018.

Check that this document includes pages 2 and 3, and that neither of these pages is blank.

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**DO NOT TAKE THESE ASSESSMENT MATERIALS OUT OF THE ASSESSMENT ROOM.**

**Excellence**

**TOTAL 07**

### **1.3 Physical Education Report – REFLECTION 1**

Te Whare Tapa Whā

Movement Context: Tapu Ae

Experience Number: 1

Experience: Tapu Ae Skills and Drills

Date: 12/5/2025

My physical well-being was both positively and negatively affected by Tapu Ae Skills and drills experience on the 12<sup>th</sup> of May. This lesson affected my physical well-being positively by getting my body moving, sweating, my blood flowing and my heart rate increased. This happened during the warmup of paper scissors rock, I versed [REDACTED] in paper scissors rock, when I won the round of paper scissors rock I had to run to and around the goal post then back I ended up winning 3 times. But if I lost against [REDACTED] I had to do the punishment such as burpees and donkey kicks. This made me lose my breath and my heart felt like it was pounding out of my chest. I also started to sweat. Sweating is good for your body/physical well-being as it removes the toxins. The increase in my heart rate meant my blood was flowing which was great as I had been sitting most of the day which improved my physical well-being because blood flow improves cardiovascular health and helps to travel more oxygen around the body. Another example of my physical well-being being positively effect is that I was tired at the end of the lesson this was good as it meant my body had a good workout and it made it easier for me to sleep that night. Sleep is important for your physical well-being as it recharges you and is necessary for survival. My physical well-being was negatively affected by Tapu Ae skills and drills lesson as my muscles were sore, and I got a headache from the sun because it blinded me. During one of the exercises, we had to run up to a line and throw the ball at tennis balls that were on cones. This made my legs hurt from all the running and my arms ache from throwing the ball lots of times. This affected me negatively as I couldn't finish the lesson to my best capabilities and was in pain for the rest of the day due to my sore muscles. Also, me facing the sun during this exercise meant that the sun was in my eyes and resulted in my getting a headache which hurt a lot and made it even more difficult to do my best.

### **REFLECTION 2**

Te Whare Tapa Whā

Movement Context: Tapu Ae

Experience Number: 2

Experience: Tapu Ae Mini Games

Date: 15/5/2025

My social well-being was positively affected by the Tapu Ae mini games experience on the 15<sup>th</sup> of May. For example, we got to pick our teams this meant that I chose/surrounded myself with my friends and people who would support me and that I also could support/encourage them. This impacted not only my social well-being but my teams as support/encouragement is crucial for building bonds as it fosters a sense of belonging. This made me feel like they cared for me and like I was accepted, also could connected to my teammates. Another example of my social well-being being positively affected is during one of the exercises I had to tie one of my hands to [REDACTED] hand this meant we had to work together with not only each other to get the ball and defend but with our whole team. There was a moment were I fell over and she dragged me across the floor which made us laugh this positively affected my social well-being as it made a funny moment to look back on and laughing reduced the tension as she was worried she hurt me but I laughed it off

which helped us to bond, then stopped an argument from forming, but working together strengthened our relationship as we could help one another which led to us trusting each other more and helped us communicate more clearly with one another. The last example of my social well-being being positively impacted is how we versed a few different teams this meant that I played with people I wouldn't usually play with which then created bonds by having fun with them and sharing a common goal of wanting to win.

### **REFLECTION 3**

Te Whare Tapu Whā

Movement Context: Tapu Ae

Experience Number: 3

Experience: Tapu Ae Tournament

Date: 20/5/2025

My spiritual well-being was both positively and negatively affected through the tournament experience on the 20<sup>th</sup> of May. For example, my spiritual well-being was positively affected as at the beginning of the tournament my team set values and a goal. Our goal was to win one game which we not only completed but tripled as we won three games this positively affected my spiritual well-being as I felt like I accomplished something, and I had a purpose. My spiritual well-being was also positively affected when I showed one of my team values. Our values were sportsmanship, teamwork and communication. I showed sportsmanship when the other team was losing by 2 and they missed a shot I said, "nice try" and "better luck next time" instead of gloating that we were winning. This positively affected my spiritual well-being as I stuck to my values instead of gloating. But then spiritual well-being was negatively affected when the purple team was not showing sportsmanship they were swearing and not playing fairly by not owning up to when they dropped the ball or missed a shot. This negatively affected my well-being as they weren't showing the same values, and it was making it difficult for me to show mine which affected my identity as I was struggling to hold to my values.

### **REFLECTION 4**

During this standard, I learnt the Te whare Tapu Whā is a Māori concept that resembles a house it has four walls that symbolize different aspects of our well-being Taha Hinengaro (mental and emotional well-being), Taha Wairua (spiritual well-being), Taha Tinana (physical well-being) and Taha Whānau (social well-being). When one is out of balance the Whare (house) falls this means when one of our aspects of Hauora (Te whare Tapu Whā) is out of balance our whole well-being is affected. Throughout all these experiences of Tapu Ae my Hauora has mostly been positively affected with few negatives but I have learnt many things about my Hauora. Such as my physical well-being was affected during experience one of Tapu Ae skills and drills when getting my body moving made me sweat and increase my heart rate which helped blood flow and release toxins, but I also felt tired and couldn't play to the best of my abilities. Then my social well-being was impacted when my bond with [REDACTED] was strengthened through communication and trust in the mini games of Tapu Ae. My spiritual well-being was then impacted by setting team values and a goal which my team followed during the tournament of Tapu Ae then completing the goal and I showed the team values. Through all these experiences of Tapu Ae my mental and emotional well-being was greatly affected as physically endorphins and dopamine were released making me feel happy, spiritually completing my goal plus sticking to my values made me feel complete and boosted my confidence, finally socially surrounding myself with people who encouraged/supported me made me feel a sense of belonging. These emotions I felt throughout all the Tapu Ae experience all contributed to positively affecting my mental and emotional well-being as I felt happy, confident and like I belonged.

These experiences and the Te Whare Tapa Whā concept will impact my future movement experiences as I can relate it back to my Favourite movement of Dancing specifically ballet. This would influence it as I know how crucial movement is for your physical health as it improves your blood flow and releases toxins and helped me sleep better, socially movement means I get to spend more time with people like the girls in my dance class, spiritually dance has taught me values like discipline and patience finally it makes me express my emotions and feel free. Moving forward I want to make sure I'm taking part in more dance/movement.

## Excellence

**Subject:** Physical Education

**Standard:** 92018

**Total score:** 07

Grade score	Marker commentary
E7	<p>The layout of the report effectively supports the candidate to address all parts of the assessment, including clearly establishing both the context and the chosen health model at the outset.</p> <p>All reflections were assessed at the upper Merit level, as each one clearly explains <i>how</i> and <i>why</i> the different movement experiences impacted their hauora through the selected health model. While Reflection 2 is strong, it would have benefited from additional supporting evidence to further develop the <i>why</i>.</p> <p>The conclusion lifts the submission to Excellence level by addressing four dimensions of the health model, linking the movement experience back to the candidate's learning, and providing clear and relevant evaluation for each dimension.</p> <p>To achieve an Excellence (E8) grade, the candidate would need to expand further on what they have learned and explain in more detail how this learning will influence their future engagement in movement.</p>