

No part of the candidate's evidence in this exemplar material may be presented in an external assessment for the purpose of gaining an NZQA qualification or award.

# 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.

Do not use chatbots, generative AI, or other tools that can automatically generate content.

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

**Merit**

**TOTAL 05**

## 1.3

My chosen movement context is volleyball in which the model of health Te Whare Tapa Wha was used.

The first dimension of Te whare tapa wha that was affected was taha tinana. This was mainly affected during the first lesson on the 17<sup>th</sup> of February 2025 by using movement experiences such as skill development games. Without previous game experience, I had no skills nor were my muscles or co-ordination effective when hitting the ball, my taha tinana was negatively affected by the skill development games, an example of this is when I was unsuccessful at serving ball over the net. The negative impact was shown when I had served the ball, and it either went out of the court boundaries or did not go over the net at all, by the end of it I felt tired, my wrists were sore and red from repeated hits and my arms felt heavy from exhaustion. Towards the end of the skill development games my taha tinana was affected positively. An example of this is when I no longer felt like my arms were heavy and I was able to serve the ball with less struggle; this was shown when I no longer failed to hit the ball over the net or out of court. Overall, my taha tinana was affected both negatively and positively throughout the first training session

The second dimension of Te whare tapa wha that was affected was taha whanau. This was mainly affected during the second lesson on the 20<sup>th</sup> of February 2025 with movement experiences of small 6v6 social games, my taha whanau was negatively affected an example of this is when three of the members in my team made me feel restricted and not needed when playing, this was shown clearly when many of the hits directed towards me were intercepted by these three people on numerous occasions. My taha whanau was also positively affected towards the end of the social games with other players on the court offering support and making me feel included while playing, an example of this is when I hit the volleyball over the net and was cheered on by the other players; this was shown clearly when I was no longer standing on the sidelines waiting to be needed. Overall, my taha whanau was both positively and negatively impacted by the social games we played.

The third dimension of Te whare tapa wha that was impacted was taha hinengaro. This was mostly affected during the third lesson on the 3<sup>rd</sup> of March 2025 while doing movement experiences of training sessions, my taha hinengaro was affected positively by these training sessions an example of this is when I felt better about myself while playing and became more social with my team and classmates this positive impact was shown when I began talking more and becoming more active within the games instead of standing off to the side. Overall, my taha hinengaro was positively affected during the volleyball training sessions.

Overall, every dimension of my Hauora was affected positively and negatively by my movement context, from this I learnt how volleyball can help with my coordination but also help with my social and physical interactions within my PE class. I have also learnt that movement influences your Hauora by promoting a healthier mindset that is interconnected with social, physical and spiritual aspects of life such as taha Wairua, for example my taha Wairua was affected positively because of each movement session as it kept me alert and awake, while keeping a respectful and mindful environment within the class. This could potentially impact my future movement experiences by making it easier to participate within movement sessions and the class in general, it could also influence my social awareness around others during the games, matches or tournaments we play.

## Merit

**Subject:** Physical Education

**Standard:** 92018

**Total score:** 05

| Grade score | Marker commentary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| M5          | <p>The candidate clearly identified the movement context and the model of health at the beginning of the submission. Each of the three reflections appropriately focuses on a different movement experience and links it to a distinct dimension of hauora.</p> <p>Reflections 1 and 2 clearly explain how the relevant hauora dimensions were affected and provide reasoning for <i>why</i> these impacts occurred. However, both reflections would be strengthened by greater specific detail.</p> <p>An important area for improvement is the conclusion, which does not explicitly address all four dimensions of hauora: a requirement for achieving with Excellence.</p> |