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92019

Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Physical Education 2025

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

Credits: Five

ASSESSMENT TASK

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of influences on movement in Aotearoa New Zealand or the Pacific.	Explain influences on movement in Aotearoa New Zealand or the Pacific.	Evaluate influences on movement in Aotearoa New Zealand or the Pacific.

Refer to this booklet to respond to the assessment task for Physical Education 92019.

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.

Excellence

TOTAL 08

PORTFOLIO

Te ao Māori Influence 1:

When performing the deadlift in training sessions, my movement was strongly influenced by Tuakana- Teina. It is a traditional Māori way of learning that is based on a two- way relationship. The tuakana is the more experienced person who provides guidance, support and encouragement, while the Teina is the learner who gains knowledge through observing, listening and applying what is taught. The relationship is not one way though so the teina can contribute through effort, respect and engagement. In my deadlifting training, I was the teina, while my Tuakana was the more experienced lifter, in which she guided me through my practise. The influence of tuakana Teina was significant, because it created a supportive learning environment that not only improved my performance but also built my confidence and understanding of how to approach challenges.

Tuakana- Teina influenced my movement context by shaping the way I learned during the session. Instead of being left to figure things out on my own, I received guidance and encouragement in a way that was supportive and easy to understand. For example, when I was unsure about setting myself up before the lifting, my tuakana demonstrated how to position my body and explained it step by step. Watching their demonstration gave me clear movements to follow, and being able to learn directly from someone more experienced helped me feel more prepared and confident to attempt the movement myself.

The influence also impacted my motivation during the deadlift. Encouragement through my tuakana motivated me to do my best during training sessions. This helped me to achieve more than I would have on my own. Tuakana–Teina does not just provide knowledge but also builds a positive environment where effort is recognised and supported. Another way Tuakana-Teina influenced my participation was by changing my attitude towards mistakes. Normally, when I make mistakes, I could become frustrated or lose confidence. However, with the guidance of my tuakana, mistakes became a learning opportunity. For example, when I was struggling with parts of the lift, my tuakana encouraged me by saying that small adjustments were normal when learning and that improvements come with practise. Hearing this influenced me and helped me stay positive, which meant I was more willing to keep practising instead of giving up. This highlights how the relationship is not only about teaching physical skills but also about resilience and mindset.

From this experience, I have learned that Tuakana- Teina is a powerful influence on performance. The relationship made me realise that having guidance and encouragement can help me achieve things I could not have done on my own. Going into the future I can apply these skills to continue growing in confidence and develop my skills more effectively. At the same time, I also learned that being a Teina is a hard roll, it requires me to put in effort, show respect, and remain open to feedback. In the future, as I gain more knowledge, I can also take on the role of Tuakana and guide others, passing on what I have learned.

In conclusion, Tuakana- Teina effected my movement by shaping the way I learned, motivated me to persevere and helped me to fix my mistakes as part of a learning process. By continuing to value and apply the principles of Tuakana-Teina I can enhance my future performance in movement by learning more effectively, staying motivated and guiding others as they guided me.

Biophysical Influence 2:

When performing a deadlift in the training session, my movement was strongly influenced by the biophysical factor of biomechanics which includes muscular strength and stability. The deadlift requires large muscle groups like the gluteus maximus, hamstrings, quadriceps and core muscles to work together to lift the bar while maintaining balance and control. Stability in this context means keeping my body aligned, balanced and in control throughout the movement, and it is closely linked to biomechanical principles such as base of support, line of gravity, centre of gravity and counterbalance. My performance in the deadlift had several weaknesses that reduced my stability, which affected the safety and efficiency of my performance.

One of my key weaknesses was, not driving through my heels. In the deadlift pressing through the heels are important for stability because it activates the gluteus maximus and the hamstrings which are the main muscles used in the lift. When I allowed too much weight to shift onto the front of my feet, I narrowed my base of support and that caused my line of gravity to move forward, which reduced my stability and made the bar harder to control. A specific example of this was when I attempted to increase the weight of the bar and nearly lost balance because I was pushing through the balls of my feet instead of my heels. This mistake made the lift feel shaky and increased the risk of tipping forward. Once I focused on keeping the pressure through my heels and keeping the bar directly over my mid foot, my line of gravity stayed within my base of support. As a result, my stability improved immediately, and the bar felt much lighter to control.

Another weakness I identified was not engaging my core. A strong and braced core stabilises the spine and prevents it from rounding. When I failed to activate my core properly, my centre of gravity shifted forward, and my line of gravity moved outside my base of support, which decreased stability and put strain on my spine. This weakness was most noticeable during repetitions when I was fatigued, my form would be incorrect and my lower back would round, making the lift both unsafe and ineffective. When I corrected this, my centre of gravity stayed aligned over my base of support and I was able to transfer power effectively from my legs and glutes through to the bar.

I also struggled with, not pushing my gluteus maximus back far enough during the preparation phase. The hip hinge movement is important because it loads the glutes and hamstrings, giving me a stable base to drive the bar upwards. By failing to hinge correctly my hips stayed too far forward, which shifted my centre of gravity away from the strongest point of balance. This reduced my counterbalance and placed more strain on my lower back and quadriceps. For example, during one training session, I noticed that when I started with my hips too high and did not push back enough, I felt the strain mainly in my lower back rather than in my glutes. After adjusting to hinge properly I was able to use my hips as a counterbalance, which allowed me to keep the bar closer to my shins and create a stronger more stable lift.

I often tend to keep the bar to close to my heels at the start of the movement. This position disrupted my balance because the bar was not aligned with my centre of gravity, and my line of gravity shifted backward. Instead of travelling in a straight efficient line, the bar felt uneven and unstable, forcing me to use extra energy to stabilise. Correct bar placement is important because it keeps the weight directly above the base of support, ensuring balance and stability throughout the lift. By adjusting my set up so the bar started over my mid foot and tracked up close to my shins, I was able to stay balanced and stable, which made my lifts smoother and lower impacting.

From this experience, I learned that stability is just as important as muscular strength in the deadlift. Without stability, even small weaknesses like poor foot alignment, lack of core engagement, or

incorrect bar positioning can negatively affect both performance and safety. The biomechanical concepts explained why I was unstable when my technique was poor and why my stability improved when I corrected these errors. In the future, I can apply this learning by continuing to focus on stability in all movement contexts, not just deadlift. For example, in other strength exercises such as squat and lunges, I will ensure that my base of support is wide and balanced, my centre of gravity is aligned over it, and I am using my core to control my line of gravity. By considering applying these, I will be able to enhance my future performance by lifting more efficiently and safely

Excellence

Subject: Physical Education

Standard: 92019

Total score: 08

Grade score	Marker commentary
E8	The candidate showed an Excellence level understanding by clearly explaining tuakana–teina as a two-way learning relationship within Te Ao Māori and describing how this influenced their participation through guidance, demonstrations, and ongoing support. They explained why this was effective, linking it to increased confidence, motivation, resilience, and a more positive attitude toward making mistakes. Their use of relevant personal examples strengthened their evaluation, and they drew clear conclusions about how these experiences would help them improve in the future, including eventually supporting others as a tuakana. In addition, the candidate correctly identified biomechanics, with a focus on stability, as a key biophysical influence on their performance. They explained how factors such as base of support, centre and line of gravity, and counterbalance affected their deadlift technique, using specific examples from their own practice. By identifying weaknesses in their technique and explaining the consequences on safety and efficiency, they showed insight into how applying biomechanical principles improved control and performance, as well as how this learning can be carried forward into future movement contexts.