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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.

Merit

TOTAL **06**

1) Explain how and why Force Summation affected your Volleyball experience with specific example(s) from your own participation.

Force Summation is co-ordinated and sequential application of force from different body parts to maximise the force applied to an object or the body itself. Muscle must move in the correct sequence from the biggest through to the smallest Must be in time (one after another)

In my volleyball serve the first joint to move is the knee. The knee (hinge joint) has two muscles that help it move, the hamstring and quadricep. agonist - working muscle antagonist- relaxing muscle the knee helps to keep me balanced so that i can create more power. Power is important in my serve because if i dont have power the ball won't go as fast over the net to give my opposition reaction time. My knees also help me with jumping to get the ball flatter on the net so it goes down further. In my volleyball serve the second joint to move is my hip (ball and socket joint) -gluteus maximus - iliopsoas helped lift my height in my serve which meant I could have a lower flight path. The lower flight path helped in my volleyball serve because it meant I could put the ball on net which means it's already closer to the ground for the opposition. In my volleyball serve the third joint to move is my shoulder (ball and socket joint) -posterior(back) deltoid -anterior (front) deltoid is to give me power behind the ball, fast movement creates more power/speed behind the ball. Having power behind the ball meant I could hit the ball faster which meant my opposition had less time to react to my serves. In my volleyball the last joint to move is my elbow (hinge joint) - bicep (front) tricep (back) creates power, higher extension the lower the angle, creates accuracy wherever the arm goes the ball goes.

2) Draw conclusions about what you have learned from the use of Force Summation and how you could use this learning in the future.

While playing volleyball I have learnt that you have to serve in the correct sequence to create power behind the ball and have a better serve. The bigger muscles must work first for the little ones to start working. Muscles work in pairs, one muscle works the other one relaxes to let the movement take place. This helped my serve by creating power behind it and it gave me a faster and more powerful and accurate serve.

In the future I can review my own volleyball technique to identify the muscles that are involved and the muscles I need to work on to create more power in my volleyball movements. This will also help build my confidence in volleyball in the future by starting to learn my own technique and improve more power.

3) Explain how and why the Tuakana Teina Relationship affected your Volleyball experience with specific example(s) from your own participation.

The positive of being a tuakana and having non-volleyball players in my team helped me build my leadership confidence by helping them and showing them some skills. In our volleyball matches [redacted] was not very confident in passing the ball so I gave him some tips like how low to bend his knees and to keep his arms straight while passing the ball. I also helped them to understand the game so they didn't cost us points on faults. I gave Jackson tips on how many hits we had to get the ball over the nets. This also helped me play better which meant I had to move around the court more and pick up their faults and so I didn't let my team down. Being a volleyballer also helped me build new relationships with other team mates. Once we knew each other a bit more we started to play more better and worked better as a team

4) Draw conclusions about what you have learned from the Tuakana Teina Relationship and how you could use this learning in the future.

In volleyball I have learnt while being a tuakana being a role model not being afraid to give help like when my team mates need advice or they have questions to ask like when they asked me how to receive the ball i told them to bend their knees and keep their arms straight out. give everything my 100% like when my team mates were teinas and I had to give my 100% to pick up their slack like when they would try to receive the ball i would have to run and pick up the ball and pass to my other tuakana so they could get it over the net. All of the above helped me pick up a skill while playing volleyball.

This will help me in the future by being a leader like leading my team through the game, helping others around me like when they need help and giving them answers to everything, helping to get better and get better technique, promoting feed back/feedford to team mates so they can take it away and learn from it to help get better, giving my teammate feedback about their techniques and their game overall, giving everyone a turn to succeed so they can get better, giving my teammates that were teinas the ball more so they can get better and improve at the game

Merit

Subject: Physical Education

Standard: 92019

Total score: 06

Grade score	Marker commentary
M6	<p>The candidate explained <i>how</i> and <i>why</i> their chosen movement context of volleyball serving was positively influenced by the socio-cultural influence of the tuakana–teina relationship and the biophysical influence of force summation.</p> <p>Examples are personal and relevant to the movement context. These include an understanding of the tuakana–teina relationship, where the candidate acted as a mentor, offering specific technical advice (e.g. how low to bend the knees when passing) and supportive feedback, which built their leadership confidence and ensured less experienced teammates remained engaged and improved their overall technique.</p> <p>The candidate demonstrated sound biophysical knowledge by describing force summation through sequential joint action in the serve, where force is generated by the larger body segments (knee and hip) and then transferred through the smaller segments (shoulder and elbow). They explained how this coordinated sequence maximises the speed and power of the serve, helping the player produce a more effective shot and gain an advantage over the opposition.</p> <p>The candidate provided a clear explanation of their decision-making. To move to the next level, some evaluation of the overall significance of the tuakana–teina influence on the volleyball context is needed.</p>