

Standard Information

AS92018	v.4	Demonstrate understanding of the influence of personal movement experiences on hauora	Ext.	L. 1	5 c
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Achievement Criteria

What are the achievement requirements for this standard? (See Explanatory Notes for more info.)

Achievement	Merit	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.
This involves:	This involves:	This involves:
DEMONSTRATE UNDERSTANDING means...	EXPLAIN means...	EVALUATE means...
MODELS OF HEALTH we can explore (must include the required Model of Health)...		

Key Considerations

Are there any other aspects to consider prior to delivering this standard?

Essential Info	Notes
 <p>Assessment Specifications</p>	
 <p>Unpacking the Standard <small>@ncea.education.govt.nz</small></p>	
 <p>Assessment Report & Schedule</p>	
 <p>Standard Exemplars</p>	
 <p>Other Information</p>	

Achievement Criteria

What are the achievement requirements for this standard? (See Explanatory Notes for more info.)

KU Knowledge / Understanding	E Experiences	S Skills
<p>What do students need to know or understand? e.g. hauora, models of health, personal experiences...</p> <p>For example, student need to know about:</p> <p>Definitions & Components of Hauora</p> <ul style="list-style-type: none"> Hauora as a holistic concept rooted in Māori philosophy and its significance in Aotearoa New Zealand. <p>Models of Health</p> <ul style="list-style-type: none"> Different models of health that can be used to explain hauora (e.g., Te Whare Tapu Whā, etc.). <p>For example, student may need to understand:</p> <ul style="list-style-type: none"> Movement contexts and the importance of participating in and documenting experiences within a consistent movement context. The holistic nature of hauora and how different dimensions of hauora interconnect and influence each other. The broader cultural and environmental context of hauora, including its collective aspects. The ways movement experiences impact hauora, even if the effects are subtle, indirect, or develop over time. The significance of movement beyond physical benefits, encompassing mental/emotional, social, and spiritual aspects. How to interpret and analyse their participation in movement activities and articulate its influence on their hauora. The importance of spaced-out reflections to capture changes and deepen their understanding over time. The concept that the body holds unique significance and tapu, and the need for it to be protected and nurtured through movement. The role of personal experiences in shaping one's understanding of hauora. 	<p>What learning experiences can help students understand what they need to know and do?</p> <p>For example:</p> <ul style="list-style-type: none"> Encourage reflection on how each experience impacted their hauora using the specific model of health they are studying. Implement structured group discussions after activities to share experiences and discuss the perceived impact on different aspects of hauora. Provide sessions where students explore various health models and discuss how these frameworks apply to their own movement experiences. Use collaborative projects that help students learn from different perspectives and understand the diverse influences on hauora. 	<p>What do students need to be able to do? e.g. apply, demonstrate, explain, etc...</p> <p>For example, student may need to develop skills:</p> <ul style="list-style-type: none"> to interpret and explain how movement experiences may impact and contribute to various aspects of hauora. to manage themselves effectively in challenging movement contexts and maintain engagement over time. around spacing out reflections over time to demonstrate changes and contrasts in their understanding of the influence on hauora.
	<p>IN MOVEMENT</p> <p>This could look like:</p> <ul style="list-style-type: none"> Participation in a series of movement experiences where ākonga develop physical skills, such as coordination, balance, and agility. Ākonga develop motor skills and physical fitness while engaging in repeated movement experiences that enhance their capability and confidence in performing those activities. 	
	<p>THROUGH MOVEMENT</p> <p>This could look like:</p> <ul style="list-style-type: none"> Using movement experiences as an opportunity to develop social and emotional skills, such as teamwork, communication, and leadership. Ākonga gain an understanding of how participating in physical activity fosters personal and social growth, contributing to their mental/emotional and social wellbeing. They reflect on how these experiences build resilience, adaptability, and positive social interactions. 	
	<p>ABOUT MOVEMENT</p> <p>This could look like:</p> <ul style="list-style-type: none"> Exploring the relationship between participating in movement and its influence on hauora using a chosen model of health. Ākonga reflect on and articulate their understanding of how movement impacts their holistic wellbeing, providing examples that illustrate the changes and influences over time. They critically analyse the ongoing impact of participation, recognising that it may be subtle and develop gradually. 	

Managing Portfolio Assessments

What is your plan for managing assessment opportunities?

Criteria: Check the Assessment Specifications What do students need to do to complete the portfolio? Outline key tasks/activities.	Plan: How is it Going to Happen? What's the timeline or due dates? How will they submit? Set clear goals.	Expectations: Clarity is Key Setting expectations ahead of time, means students are more likely to take the assessment seriously and put their best effort into creating a successful portfolio.
<p>For example:</p> <ul style="list-style-type: none"> Students must choose ONE movement context to focus on. 	<p>For example:</p> <ul style="list-style-type: none"> In Week 8 of each Term, students will submit four reflections. After each submission, feedback will be provided. The final submission will be used for external assessment submission. 	<p>Consider:</p> <ul style="list-style-type: none"> What happens if they don't submit? How will feedback be received and implemented? What is the role of self and peer assessment?