



Hei mahi

Whilst everyone enters...

Can you grab 3 post-it-notes and write down;


1. What have been your biggest successes in Level 1 PE?
2. What has been your biggest learnings in Level 1 PE?
3. What questions do you have about the Level 1 programme?

Whakataukī...


Te piko o te māhuri, tērā te
tupu o te rākau.

*The way in which the young sapling is nurtured,
determines how the tree will grow*





Connection before content



No-one likes the stigma associated with 'icebreakers'. Lets reframe it.



Level 1 PE IN MOTION

*2 Teachers share their
journey, and insights.*

<http://bit.ly/4nk6rNj>



PENZ Conference 2025



**As this is still
pretty new, our
programmes are by
no means perfect!**





AIM OF THIS SESSION

An opportunity to hear from 2 different schools with different approaches @ Level 1 PE to stimulate some further thinking in our own crew

- What have we done?
- What have we learnt?
- Changes moving forward...

Level 1 PE @ 2 SCHOOLS



YOUR
KURA



Mount Roskill
Grammar School



First up...

01 MOUNT ALBERT GRAMMAR

Mount Albert Grammar School - MAGS

Central / West Auckland School.

Roll - 3500+ students - 50:50 Gender mix.

Co-Educational school - however - Single Sex Education at Junior school.

Level 1 - 200 students take Level 1 PE = 7 classes.

4 lessons a week - 55 minute lessons.

The Hybrid approach



MCEA not NCEA

Reasoning -

Prepare the
students for 'old'
level 2?

Are NZQA ready?

Level 2+3 key
focus.



What we do -

4 assessments per
course.

1 x new NCEA (92016)

3 x our own
assessments (combo of
old, new and unique).

Exams twice in year.



What we hoped for

Decreased focus on
assessment (links with
new approach).

Make our own course and
prep students for level
2 (hopefully).

Allows NZQA to get
things ironed out.



Key learnings from our Hybrid approach.

1. It is very hard to **change teachers mindsets** from teach - assess, teach - assess. We needed teachers to experience it before they could see the new vision of assessment.
2. We love how we haven't had to implement 4 new standards. Stress levels would have been through the roof.
3. We have enjoyed being creative on what we teach (albeit scary).
4. Adaptability - we have had to adapt and change as we have gone through the year. But we have been able to do so without 'assessment' pressure thankfully.
5. Exams are REALLY HARD to write!! - *we had a few interesting requirements we had to meet.*
6. Confident we are keeping in touch with NCEA but also meeting our learners needs.

Big ideas - Through movement we develop diverse capabilities. + Movement is essential to hauora.

Unit 1 - Influences.

What influences our ability to move and how movement influences our wellbeing.

Key learnings -

1. **Inclusion**/empathy/adaptability-

- a. Health conditions/disabilities - students experienced these, with aim of developing empathy. IE - Blind football, amputee pracs, straw sport, sensory + brain overstimulation)
- b. Learning how to adapt games/activities to be inclusive.

2. **Te whare tapa wha** - How does movement impact our wellbeing.

Assessment - Term 4 Exam -

Section one - Movement on Hauora (92018 adapted)

Section two - Given a Health condition with reading - questions around how to adapt sports to be inclusive etc.



What we learnt

1. Most adapted unit - due to changes in dates etc with school.
(School was still working out what MCEA looked like).
2. We spent alot of time developing empathy in students - Really enjoyed this one.
3. Blind football is HARD! And dangerous!
4. We were able to make this VERY practical!
5. We could do an entire Term on this unit!

Big ideas - There are diverse ways of understanding movement contexts and the moving body.

Unit 2 - Movement strategies

Students complete 92016 in Ki O Rahi and Disc Golf.

OPTION ONE -

Movement strategy - 1. Knowledge of what to do when in possession.

Characteristic of the movement strategy I am demonstrating -

2. Anticipating and responding to the opposition by changing speed quickly to touch the pou.

Identifying myself in the video -

3. I am the female student in the white t-shirt and black shorts. I am on the far end of the field from the camera. I touch 3 pou. I circle my mouse around me prior to getting the ki.

Video HERE

4.



OPTION TWO -

Movement strategy - 1. Knowledge of what to do when in possession.

Video -

2.



Identify myself in the video -

3. I am the female student in the white t-shirt and black shorts. I have a long pony tail.

Timestamp -

4.

Time on video	Movement characteristic.
19 - 26 sec	Anticipating and responding to the opposition by changing speed quickly to touch the pou.



What we learnt

1. Very lucky to be at a BYOD school. Although teachers overestimate student's computer literacy skills.
2. We found we taught HOW to apply the movement strategies more than when we did the old 1.3 standard.
3. **Movement Strategies** are overarching - **Characteristics** are HOW you do it. Co-constructing these with the students helped them demonstrate them better.
4. Electronic vs paper copy to collect evidence - each teacher found a way.
 - a. Electronic [HERE](#)
 - b. Paper



Unit 3 - Anatomy, Biomechanics

Anatomy and Biomechanics at Level 6 alongside movement strategies assessment (92016).

Key learnings / activities -

1. Anatomy and Biomechanics at level 6 (in essence old 1.2). We looked at Level 2 standard and prepared them best we could.
2. Movement strategies Disc Golf.
3. Not many changes from old 1.2.

Big ideas - There are diverse ways of understanding movement contexts and the moving body.

Assessment - Term 2 Exam -
Anatomy + Biomechanics.



Unit 4 - Kotahitanga + Exercise Physiology

Kotahitanga application + Ex. Phys (old 1.2)

92017 as our basic bones of unit- just didn't do 'NZQA assessment'.

Ex. Physiology - old 1.2.

Assessment -

Kotahitanga reflections

Exercise Physiology in class application.

Variety of team context selected by class and teacher.

Big ideas -
Participation in
movement enriches
our lives.

COURSE CALENDAR – 2024

TERM 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Get to know class	Pepeha	Sporting moment	Digital Lit.	Digital Lit./Movement strategies/Ki O Rahi instruction	Movement strategies/Ki O Rahi	Movement strategies/Ki O Rahi	Movement strategies/Ki O Rahi	Ki O Rahi tournament Wed 1.30-3pm Assessment issued	Movement strategies/Ki O Rahi	Movement strategies/Ki O Rahi Assessment Due

TERM 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Anatomy	Anatomy/Biomechanics	Biomechanics - BS & FS	Biomechanics - BS & FS	Biomechanics - BS & FS	Biomechanics Exam	Biomech - projectile motion	Disc golf	Tikanga in sport	Tikanga in sport

TERM 3

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Kotahitanga Ex Phys	Ex Phys	Ex Phys	Ex Phys	Ex Phys	Ex Phys	Ex PhysKotahitanga Assessment issued	Ex PhysKotahitanga Assessment due	Influences	Influences

TERM 4

Week 1	Week 2	Week 3	Week 4	Week 5	
Influences	Influences	Influences	Influences	Influences Exam	



Learnings from 2024 / 2025

1. We were given a few 'requirements' for our Level 1 course - 1 being we had to have exams.
 - a. Quick marking.
 - b. Writing of exams is a skill in itself.
2. Teachers had a lightbulb around collecting evidence overtime and moving away from teach - assess, teach - assess.
3. Assessments will be adapted to better fit the needs of our students, and also only assessing a little snippet of the content.

YEARLY CALENDAR DATES - 2025

11PF1

TERM 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
28-31 January	3-7 February	10-14 February	17-21 February	24-28 February	3-7 March	10-14 March	17-21 March	24-28 March	31-4 April	7-11 April
Friday only	Intro and influences.		Kotahitanga	KI O Rahi movement strategies.			Anat + Biomechanics.			Kotahitanga
1x 40 min period	Thurs - Waitangi								Polyfest-Wed-Fri	

TERM 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
28- 2 May	5-9 May	12-16 May	19-23 May	26-30 May	2-6 June	9-13 June	16-20 June	23-27 June
Anat + Biomechanics			Ex. Physiology.			Influences		
Camp booked.					Mon - Kings Bday		Fri - Matariki	Th+Fr - 3WC (TBC)

TERM 3

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
14-18 July	21-25 July	28-1 August	4-8 August	11 -15 August	18-22 August	25-29 August	1-5 September	8-12 September	15-19 September
Anat + biomechanics		Ex. Physiology			Strategies +	Anatomy +	Biomechanics		
						Tournament wk	Tues - EXAMS	EXAMS- Anat + bio.	Fri - TOD

TERM 4

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
6-10 October	13-17 October	20-24 October	27-31 October	3-7 November	10-14 November	17-21 November	24-28 November	1-5 December
Influences.			Mon - Labour day	Tues - NCEA starts				Th+Fr - TOD



02 MOUNT ROSKILL GRAMMAR



A little bit of **BACKGROUND**

- Decile 4 with a roll around 1900 students.
- Very diverse in terms of ethnicities reflecting the local community.
- 4 x Level 1 PE Classes, 26 + students in each class which increases throughout the year with additional International Students.
- 5 x 55 minute periods per week - *however... ???*
- We were a 'Pilot' school for Level 1 PE in 2023.

What did we learn from 2023 -> 2024?

2023

- Offered all 4 x A.S.
- Attempted to theme Terms around the 'Big Ideas'.
- Externals were treated as Exams and completed at the end of the year (Term 4 - Weeks 1 & 2).
- The programme regularly changed as we learnt ourselves!

2024

- Offer 3 x A.S. but...??
- Better clarity around the 'Big Ideas' and Themes for each Term
- Practice Exam integrated (Term 3).
- Structured literacy - 'The week that was' reflection session.
- Weekly 'Physical Wellbeing' + 'HOOKS'.

Changes for 2025...



1

Structured Literacy

Following PL, we need to integrate this more effectively in 'The Week That Was' sessions.



2

Timing

Switch around when we assess AS1.1 and AS1.2 to give students 'success' early.



3

Feedback

Early recognition is key!! We planned to do this, however, wasn't consistent across classes.

2025 11PE plan...

11PE Year Plan:

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
	Tue 1 Jan - 7 Jan 11 <i>* 20th - Aus. Moral Avc</i>	Monday Feb 3 - 7 <i>* 6th - Working Day Monday 2nd is first day for ALL students</i>	Feb 10 - 14	Feb 17 - 21 <i>@ Home 20th and 21st</i>	Feb 24 - Feb 28	Mar 3 - 7	Tue Mar 10 - 14	Mar 17 - 21 <i>* Business Tournament</i>	Mar 24 - 28 [*]	Mar 31 - Apr 4 <i>* 2nd - 5th - Holiday</i>	April 7 - 11 <i>* Matarangi Exchange Thursday 10th April Wk</i>
Assessment Programme	No Students @ School	All About Me Me and my Learning & Being the best version of myself (Biophysical) <i>Icebreakers: Intro to 11PE Key Terms: Underlying Concepts and Critical Thinking, Digital Skills</i>			Performance Improvement AS1.2 and AS1.1				Ni o Rohi Festival and Highlight Reel (AS1.1)	Mahi Tahi - Let's do it together AS1.2 and AS1.1	
Context		What makes me tick?			Ni o Rohi				Building Connections		

Term 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
	Apr 28 - May 2 <i>* Pukekohe Exchange Wednesday 30th April Wk</i>	May 5 - 9	May 12 - 16	May 19 - 23	May 26 - 30 <i>* Business Language Week 19th - 22nd - Music Camp</i>	Tue 31 June 3 - 6 <i>* 2nd - King's Birthday</i>	June 9 - 13	June 16 - 19 <i>19th - Matarangi</i>	June 23 - 27
Assessment Programme	Mahi Tahi - Let's do it together AS1.2			AS1.2 Assessment Week	How does Science impact our Movement? AS1.3				
Context	Building Connections				Sport Science				

Term 3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
	July 14 - 18	July 21 - July 25	July 28 - Aug 1 <i>Peace Week</i>	Aug 4 - 8 <i>14th & 17th - Team Hoots</i>	Aug 11 - 14 <i>19th - Matarangi Festival</i>	Aug 18 - 22	Aug 25 - 29 <i>Walter's Tournament</i>	Sep 1 - 5 <i>Senior Exam Week</i>	Sep 8 - 12 <i>Senior Exam Week</i>	Sep 15 - 19 <i>19th - 22nd - Senior Exams</i>
Assessment Programme	Traditional v Modern Training Programmes - Volleyball AS 1.1 and AS 1.3							MRGS Senior Practice Exams (proposed) <i>AS 1.2 Volleyball Festival AS 1.3 (J) Assessment Week</i>		
Context	Performance Improvement Cycle, and Training Programmes							Assessment		

Term 4	Week 1	Week 2	Week 3	Week 4	Week 5
	Oct 6 - 10	Oct 13 - 17 <i>* 22nd - Senior Awards</i>	Oct 20 - 24 <i>* 23rd - Senior Awards</i>	Oct 28 - 31 <i>* 27th - Senior Awards</i>	Nov 3 - 7 <i>* 28th - NCEA Exams Begin</i>
Assessment Programme	AS1.3 Exam Week	Fun For Fun's Sake <i>2025 How/When/Where Sports</i>			NCEA EXAMS START
Context	Assessment	Celebrate our success			



What a week in 11PE looks like @MRGS?

2025 YEAR 11 PHYSICAL EDUCATION (11PE)

Example WNA week Structure for 11PE once the learning plan is established (Line 1):

Please note - this structure also factors in the busy [option lines for facilities](#)

Monday Period 1	Tuesday Period 5	Wednesday Period 4	Thursday Period 3	Friday Period 2
Practical Learning <i>Wellbeing (Physical)</i>	Classroom OR Practical Learning	Classroom OR Practical Learning	Classroom OR Practical Learning	Classroom Learning <i>Reflection of the 'Week That Was'</i>

Term 1

This Term begins with:

- **The Performance Improvement Cycle**
- Managing self in challenging movement contexts
- Learning about how we can take action to improve our own performance

Resources:

- [11PED - 2025](#)
- [AS1.1 What? Why? How?](#)
- [AS1.1 - Teacher Evidence](#)
- [Co-constructed CHARACTERISTICS - AS1.1](#)
- [MRGS Performance Improvement Cycle](#)

Then moves into... (continued into Term 2)

“Let’s do it together”

- **Te ao maori and connectedness**
- Understanding self, and our own physical activity / movement journey
- Understanding how people are different, and how our actions can influence others

Resources:

- [11PED - 2025](#)
- [AS1.2 What? Why? How? What Next?](#)
- [Team Discussion and Planning Sheet](#)
- [Lines of Communication SHEET + Example](#)

And Term 2 finishes with...

How does Science impact our movement?

- Human body and how it reacts to movement - Anatomy; Biomechanics; Exercise Physiology
- Sports Technology and Data
- Taking action for self

Resources:

- [2025 11PE Bio-Physical Workbook](#)
- Our ['Training Zone' Padlet](#)

Term 3

This Term is all about...

- **Learning to learn**
- How movement can influence our hauora
- Training programmes
- Performance Improvement Cycle
- Taking action for self

Resources:

- [11PE - T3](#)
- [Critical Thinking - Learning to Learn](#)
- [MRGS Performance Improvement Cycle](#)
- [How to effectively PLAN](#)
- [REVIEW Volleyball - 11PE - AS1.3](#)
- Our [Volleyball Padlet](#)



“

IF YOU CAN **VISUALISE** IT,
IF YOU CAN **DREAM** IT,
THERE'S SOMEWAY TO **DO IT.**



– Walt Disney

Patai for korero



Successes

What have been your biggest successes in Level 1 PE?



Learnings

What have been your biggest learnings in your Level 1 PE?



Struggles

What are you struggling with in Level 1 PE?



THANK YOU!

If you have any questions,
or would like to know more
about our programmes



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