



Level One PE Outline & Using Tik Tok as a Tool

Conference 2025

Resources found
[here](#)

Session Structure



Part 1: Navigating Level 1 Physical Education & New Standards (15–20 minutes)

This segment will focus on the implications of the newly introduced Level 1 standards for our Physical Education programme. We will delve into our current course and lesson structural approaches, along with the implementation of our portfolio system and assessment methodologies. This discussion will include a dedicated time for questions and collaborative dialogue.

Part 2: Leveraging TikTok as a Pedagogical Tool in Physical Education (50–60 minutes)

Following the discussion, this section will explore the effective integration of TikTok as a pedagogical resource within Physical Education. The latter portion of this segment will transition into a practical component, engaging participants in physical activities derived from TikTok content.



Level 1 Physical Education Outline

2025

	1	2	3	4	5	6	7	8	9	10	11
Term 1	Introduction	Get to know games	All About Me "What floats your boat" 800	Leadership Reflection Task	What is Kotahitanga? Cooperative Learning	Kotahitanga ABL Reflection Task	CAMP Wed 12th- Fri 14th Video Reflection	1.2 Assessment Week	Attack Moving into space Video Analysis	Attack & Defense Reflection Task	Defense Person on Person Video Analysis
	LAB #1		LAB #2	LAB #3 1,2	LAB #4 1,2	LAB #5 1,2	1,2 Reflection #1	1,2 Reflection #1	LAB #6 1,1	LAB #7 1,1	LAB #8 1,1
Term 2	Tactical Play Change of direction	Tactical Play Reflection Task	Kotahitanga Sports Ed Model 1 x 3v3 BBALL 1 x Ki o Rahi Video Task	Kotahitanga Sports Ed Model 1 x 3v3 BBALL 1 x Ki o Rahi Video Task	Kotahitanga Sports Ed Model 1 x 3v3 BBALL 1 x Ki o Rahi Video Task	Kotahitanga Sports Ed Model 1 x 3v3 BBALL 1 x Ki o Rahi Tuakana/Teina Video Task	Kotahitanga Sports Ed Model 1 x 3v3 BBALL 1 x Ki o Rahi Tuakana/Teina Video Task	1.2 Assessment Week	1.1 Birkenhead Tournament		
	LAB #9 1,1	LAB #10 1,1	LAB #11 1,1	1,1	1,1	LAB #12 1,1 & 1,2	1,1 & 1,2	1,2 Reflection #2 Due	1,1 Due	1,1 & 1,2 Completed	
Mana in Movement											
Term 3	Cardiovascular System Yo-Yo Test Coopers 12 Min 30m Dash Sit & Reach	Respiratory System Illinois Test Broad Jump 3 Min Step Test Reflection Task	Energy Systems Resistance Training	Te Ao Maori Awhi / Mana Circuit Training Reflection Task	Sociocultural Influences Interval Training	Plyometrics Training Reflection Task	Practice Exam in Class Planning Sheet	Practice Exams	Practice Exams	1.4 Internal Exam	
	LAB #13 1,4	LAB #14 1,4	LAB #15 1,4	LAB #16 1,4	LAB #17 1,4	LAB #18 1,4	LAB #19 1,4	1,4	1,4	1,4	

PORTFOLIO


Used throughout the year for reflections/evidence/assessment

Link [here](#)


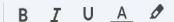

The screenshot shows a Google Docs document titled "Level 1 PE Portfolio & Assessments". The interface includes a menu bar (File, Edit, View, Insert, Format, Tools, Extensions, Help), a toolbar with search, undo, redo, print, and text formatting options, and a ruler at the top. On the left, a sidebar displays "Document tabs" with a list of items: "Level 1 PE Informat...", "Personal Contract & Info...", "1.1 Standard Information", "1.1 LAB Tasks", "1.1 Video Analysis", "1.1 Reflective Journal", "1.1 Assessment", "1.2 Standard Information", "1.2 LAB Tasks", "1.2 Reflective Journal", "1.2 Assessment Planning", "1.2 Assessment", "1.4 Standard Information", "1.4 Reflective Journal", "1.4 LAB Tasks", and "Anatomy". Under "Anatomy", there are sub-items: "Practical LAB", "Exercise Physiology", and "Fitness Tests Results". The main content area has a blue background and contains a black header with the text "Level 1 PE Portfolio & Assessments". Below the header, there is a white text box with the following text: "You will use this portfolio for all of your learning throughout the year. You will use this portfolio for activities, reflections or assessments whenever you have a LAB session. You can use the information in this portfolio for your final assessments, so the more information the better. You can create extra boxes for activities or extra tabs if you want. You can also link in videos, photos, websites or YouTube clips to help you learn." Below this is another white text box: "Refer to the tabs on the left-hand side. The basketball emoji 🏀 represents your practical assessment for 1.1 (terms one & two). The golf flag emoji 🏌️ represents your kotahitanga assessment for 1.2 (terms one & two) & the face emoji 😊 represents your training programme exam for 1.4 (term three). You will see that '1.4 LAB Tasks' has a drop-down arrow next to it, meaning there are extra activities 🧪🏋️ there for anatomy, exercise physiology and fitness tests." Below that is a third white text box: "Every LAB lesson will start with a Pop Quiz of five questions. You will put your answers on the Pop Quiz tab that has the brain emoji 🧠." Below that is a fourth white text box: "Refer to the Glossary tab 📖 for words and definitions that you will need to use throughout the year." At the bottom, there is a black header with the text "What floats your boat?" and a white text box with the prompt "Start your story here (800 words):" and a large empty white box for writing.

TIK TOK

Using social media as a resource

Activities from TikTok  Saved to Drive

File Edit View Insert Format Tools Extensions Help

Search Menus  100% Normal text Arial 11  

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

←

Document tabs +

- ✓ TikTok Accounts ⋮
- Starter Games 9
- Big Group Games

TikTok Accounts

TikTok Accounts		
coachfernpe	Kev Weir	bamrugby
Daily Exercise	netfitnz	misguided_teacher
Coach Abbyy	Coach_Krauss	dimitra_palavratzi
PhysEd Universe	Handballtrainings	library_of_exercises
Sport Primary	curchi.v	Ing.Katerina Zavazalove
Alex Veith	BigMaz Fitness & Performance	instinctbball
Matt Green	Team Building Facilitators	Coach Gelardi
PLAYALLDAYPE	Denis Zmeu	Rain Soccer Training
Mr. Mike	keepitonthedeckfootball	YPTusa
chc_panthers	msdiliadewi	mulightningnetball
PLAYALLDAYPE	Coach_ross	Deportes.tok



QUESTIONS???