

**OTUMOETAI COLLEGE**  
**NCEA HEALTH & PHYSICAL EDUCATION LEVEL 3 – (L3HEPE) 2018**

**Dates and Venues:** are guideline weeks only

HEALTH AND PHYSICAL EDUCATION – L3HEPE					
<i>Course Relationship to the National Vocational Pathways</i>					
Construction & Infrastructure	Manufacturing & Technology	Primary Industries	Services Industries	Social & Community Services	Creative Industries
<b>0</b>	<b>0</b>	<b>5</b>	<b>12</b>	<b>3</b>	<b>7</b>
<b>Course Entry</b>	Students choosing this course must have either; gained 12 credits in L2 HEPE, in particular AS 91237 and AS91239 or 12 credits in L2ENGL or at the H.O.D discretion				
<b>Course Overview</b>	This course will enable students to gain: 19 Health Achievement Standards and 4 Physical Education Standards Topics include: New Zealand Health Issues – NZ Health Practices – Health Promotion – Health Ethical Issue Performance Standards offered for netball and Tough Guy/Gal				
<b>Assessment</b>	The course will be assessed to Level 3 Achievement Standards. Assessment will be to both internal and externally assessed standards. Students will have the opportunity to gain the maximum of 23 credits at level 3.				
<b>Course Fee</b>	This fee is compulsory for students taking L3HEPE and includes Course Workbook and cost of outside providers eg. Yoga or Pilates tutors				<b>\$57.00</b>
	This course will be enhanced by the attendance of the following: Tough Guy/Gal				<b>\$65.00</b>

**Aim**  
 To complete Health Achievement Standards whilst investigating NZ Health related issues.

**Description**  
 This course will enable students to gain credits from NCEA Level 3 Health and Physical Education.

**Topics**  
 Topics include, Teen Pregnancy, Euthanasia, NZ Health Practices, Mental Health, Health Promotion.  
 Practical Activities: Netball, Badminton, Yoga, Pilates, Tai Chi Tough Gal & Guy

<b>Achievement Standard</b>	<b>Title</b>	<b>Activities</b>	<b>Credits</b>	<b>Weeks/Dates</b>
<b>91461 V1</b>	Analyse a New Zealand health issue	Theory	5	
<b>91463 V1</b>	Evaluate health practices currently used in New Zealand	Yoga, Pilates, Tai Chi Theory	5	
<b>91464 V1</b>	Analyse a contemporary ethical issue in relation to well-being	Theory	4	
<b>91501 V1</b>	Demonstrate quality performance of a physical activity in an applied setting	Netball Tough Gal & Guy	4	
<b>91465 V1</b>	Evaluate models for health promotion	Health Promotion Theory	5	
<b>Total of 5 Achievement Standards</b>				
<b>Total of Credits 23</b>				

## OTUMOETAI COLLEGE PHYSICAL EDUCATION DEPARTMENT POLICIES AND PROCEDURES

### **Authenticity**

Assessed work must be your own work. You and your caregivers will be expected to sign authenticity declarations and, where appropriate submit working drafts. Where evidence indicates work presented is not your own work the school policy will be followed, i.e. a non-credit for that unit.

### **Attendance**

You are expected to attend class on a regular basis as set out in the school policy on attendance. If there is a record of consistent non-attendance which could jeopardise safety or the achievement of the rest of the group then an alternative work place will be considered during PE lessons. It is the students' responsibility to catch up on work that has been missed through non-attendance.

If an assessment is missed a **Doctors Certificate** must be presented to enable student to sit the assessment.

### **Participation**

Students must **participate in 85%** of any practical or theory aspects of this course to be eligible to enter the standard.

### **Appeals**

Appeals of grades awarded are to be made within three school days of the return of assessed work. Where a grade is appealed, school policy will be followed.

Marked work is **not** to be removed from the classroom.

### **Late Work**

Late work will **not** be accepted for assessment unless exceptional circumstance exists, (computer failure is not a valid reason to hand work in late) and an extension will be given by your teacher. Extensions must be applied for **three** days prior to the due date.

### **Verifying Grades**

Students will be required to verify the grades they have been awarded by signing the result slip attached to each piece of work.

### **Compassionate Considerations**

Compassionate consideration for a student who is absent from an internal assessment may be made if there is sufficient evidence available from other work related to the same skill/contact and no other re-assessment opportunity is available.

### **Retention of Student Work**

Your teacher will retain all work completed during this course.

# YEAR PLANNER 2018

# SUBJECT: LEVEL 3 HEALTH & PHYSICAL EDUCATION (L3HEPE)

TERM 1	Week 1 1 – 3 Feb.	Week 2 6 – 10 Feb.	Week 3 13 – 17 Feb.	Week 4 20 – 24 Feb.	Week 5 27 Feb. – 3 Mar.	Week 6 6 – 10 Mar.	Week 7 13 – 17 Mar.	Week 8 20 – 24 Mar.	Week 9 27 - 31 Mar.	Week 10 3 – 7 Apr.	Week 11 10 – 14 Apr.	
Context	TOD (Jan. 30) Health Key Concepts Hauora PIPS References Paragraph	Waikangi Day (Feb. 6)	3.1 Teen Pregnancy: Stats & References / Paragraph layouts	3.1 Teen Pregnancy PIPS: Personal & Interpersonal Complete Paragraphs	Societal Impacts	Work Day (March 7)	Societal Impacts: complete paragraph Task 1 & 2 due	Health Determinants Political & Strategies	Social & Strategies	Cultural & Strategies	Task 3 & 4 due	Good Friday
Practical			Practical: 5 ways to Well-being Review	ABL	ABL		External Provider	Internal	Internal	External Provider	Internal	
<b>Health Promo: Enhance Well-being at Lunch</b>												
<b>Health Promo: How do we enhance our Well-being?</b>												

TERM 2	Week 1 1 – 5 May	Week 2 8 – 12 May	Week 3 15 – 19 May	Week 4 22 – 26 May	Week 5 29 May – 2 June	Week 6 5 – 9 June	Week 7 12 – 16 June	Week 8 19 – 23 June	Week 9 26 – 30 June	Week 10 3 – 7 July
Context	3.3 NZ Health Practices Intro: Stress	CAM: Define Philosophy Research	TM: Research Paragraph	Teacher Only Day (May 24)	WSM: Research Paragraph	Research	Queens Birthday (June 5)	3.3 Due	Comparisons	Promo: Collective Action - Stress Less
Practical	Practical: 5 ways for Well-being	Yoga	Yoga		Tai Chi	Bobby		Fitness Circuit		

TERM 3	Week 1 24 – 28 July	Week 2 31 Jul. – 4 Aug.	Week 3 7 – 11 Aug.	Week 4 14 – 18 Aug.	Week 5 21 – 25 Aug.	Week 6 28 Aug. – 1 Sep.	Week 7 5 – 9 Sep.	Week 8 12 – 16 Sep.	Week 9 19 – 23 Sep.	Week 10 25 – 29 Sep.	
Context	3.4 Euthanasia			Research	Teacher Only Day (Aug. 18)	3.4 Class Time Stops	HPM	OTTAWA	Mid-Term Break (Sep. 8)	OTTAWA	3.5 Health Promotion: Collective Action – Enhance Well-being at Lunch
Practical	Practical Focus: Fitness	External: Boot Camp	External: Boot Camp	Internal: Boot Camp		Tough Gal & Guy (Rotorua)		WINTER TOURNAMENT WEEK		3.4 Due	

TERM 4	Week 1 16 – 20 Oct.	Week 2 23 – 27 Oct.	Week 3 30 Oct. – 3 Nov.	Week 4 6 - 10 Nov.	Week 5 13 – 17 Nov.	Week 6 20 – 24 Nov.	Week 7 27 Nov. – 1 Dec.	Week 8 4 – 8 Dec.	Week 9 11 - 15 Dec.
Context	BK	Labour Day (Oct. 23)	BK / TOW	TOW (Outside Provider)					Teacher Only Days (Dec. 11 & 12)
Practical	5 ways to Well-being					NCEA EXAMS	NCEA EXAMS	NCEA EXAMS	