

Assessment Specifications

Scholarship Health and Physical Education 2025

Published in October 2024

General information

- Performance Standard:** 93501
- Assessment method:** Digitally submitted report
- Permitted file types:** PDF, DOC, DOCX
- Final date of submission:** 29 October 2025

[Health subject page](#)

[Physical Education subject page](#)

[National secondary examinations timetable](#)

Format of the assessment

Candidates produce a report that critically evaluates one or more aspects of one document selected from the list below:

- Child and Youth Wellbeing Strategy (2019)
- Every Body Active: Strategic Plan 2020–2024
- Women and Girls Strategy

The documents are all significant to New Zealand and are underpinned by knowledge, theories, and concepts that are embedded in the Health and Physical Education learning area.

Candidates are expected to use the selected document as a platform for analysis and critical thinking of broad and relevant themes.

Candidates must draw from their own learning experiences, which reflect an understanding AND application of the four underlying concepts of the Health and Physical Education learning area. This may be evidenced through the collection of primary data and / or personal reflections. The report must:

- not exceed the equivalent of 26 double-spaced single-sided A4 pages
- have numbered pages
- use a font the approximate equivalent of 12 point Arial
- provide references in one consistent format, preferably footnotes.

The report may contain relevant and meaningful images, sketches, diagrams, illustrations, and other forms of graphic representation.

Material obviously in excess of the maximum limit will not be marked. Repeated or extraneous material may be seen as evidence of flawed communication.

Appendices to the report must contain only selected relevant information that is directly referred to in the report, e.g. a questionnaire or brief video. Appendices are included in the 26-page limit.

Special notes

Familiarity with the New Zealand Scholarship Health and Physical Education resources, including the descriptors in the Performance Standard, is essential.

Conditions of assessment

The use of chatbots, generative AI, paraphrasing tools, or other tools that can automatically generate content is not permitted and material generated by these tools should not be submitted as part of the candidate's work.

Submission requirements

Evidence may be submitted as ONE document file (PDF, DOC, or DOCX), with a maximum file size of 5GB.

Information for candidates and schools on the NZQA digital submission portal is available on the NZQA website:

[Digital submission](#)

Special assessment conditions

Refer to the NZQA website for further information:

[Aromatawai special assessment conditions](#)