

Assessment Specifications

Level 1 Physical Education 2025

Published in October 2024

General information

Domain:	Physical Education
Standards:	92018, 92019
Assessment method:	Digitally submitted portfolio

[Physical Education subject page](#)

[National secondary examinations timetable](#)

Information relating to all achievement standards

Candidates will choose their assessment format. It may be a slideshow, voice recording, video recording or written response, or any combination of the above.

Candidates must be identified in any photo or video evidence.

Conditions of assessment

Teachers may unpack the assessment task with candidates.

Teachers should not provide guidance or feedback on candidates' responses.

Candidates should not work on their responses outside class time.

Candidates can use digital platforms and the internet to produce their portfolios, but all work submitted must be written by the candidate themselves.

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.

There is no required time allowance, but 4–6 hours is suggested for candidates to complete each assessment.

Authenticity

Teachers must closely supervise the process of evidence collection to ensure that candidates:

- do not copy from another person or source without appropriate acknowledgement
- do not receive guidance, scaffolding, instruction, assistance, or assessment conditions beyond what is specified as permissible in these Assessment Specifications.

Where a teacher cannot verify that the assessment submitted is the authentic work of the candidate, they must notify NZQA of a possible Candidate Breach of External Assessment.

Special assessment conditions

Refer to the NZQA website for further information:

[Aromatawai special assessment conditions](#)

Submission requirements

Evidence for assessment may be submitted as:

- a document file (PDF, DOC, DOCX)
- a slideshow (PPT, PPTX)
- an audio file (MP3, WMA)
- a video file (AVI, M4V, MP4, MOV, WEBM, MTS)

Maximum number of files per portfolio: ONE Maximum file size: 5GB.

Note that only these file types may be submitted, and that other file types may not be able to be marked.

The submission must be entirely self-contained – it must not include links to content outside of the submission (e.g. a link that takes the assessor to a YouTube video or a file in Google Drive). Any such linked content will be excluded from the assessment.

Each portfolio should not exceed 1,200 written words, four minutes of speaking, or equivalents in total. Assessment will be based on the quality of the response rather than its length.

If the evidence is submitted as a slideshow, the candidate may present an oral report as an embedded audio file (MP3, WMA) or video file (AVI, M4V, MP4, MOV, WEBM) within the slideshow. In this case, the oral report should not exceed four minutes in duration.

Refer also to other resources on the subject page of NZQA website.

Specific information for individual achievement standards

Standard:	92018
Title:	Demonstrate understanding of the influence of personal movement experiences on hauora
Version:	4
Number of credits:	5
Date for pre-release of resource:	Term 1
Final date for submission:	29 October 2025

Candidates will be required to produce a portfolio of evidence, in response to an assessment activity provided by NZQA, that demonstrates an understanding of the influence of personal movement experiences on hauora, as defined by an appropriate model of health. Candidates must choose ONE movement context to focus on for this portfolio, (see EN2 in the Achievement Standard).

The portfolio will consist of FOUR reflections. THREE reflections must relate to a specific and different movement experience within the chosen movement context (see EN2 in the Achievement Standard). ONE reflection must relate to the overall influence of the movement context on hauora.

Reflections must be supported by examples from candidate's own participation, which should be collected during the year as the personal movement experiences occur. Examples can be still or moving images, audio recordings, or detailed written examples.

When candidates collect evidence, they should ensure they link it to their model of health and how that was influenced by the movement experience.

Reflections should be concise, including only evidence related to the assessment activity.

Standard:	92019
Title:	Demonstrate understanding of influences on movement in Aotearoa New Zealand or the Pacific
Version:	3
Date for pre-release of resource:	Term 1
Final date for submission:	29 October 2025

Candidates will be required to produce a portfolio, in response to an assessment activity provided by NZQA, that demonstrates their understanding of TWO different influences on ONE movement context in Aotearoa New Zealand or the Pacific.

The chosen movement context should be a single physical activity, (see EN3 in the Achievement Standard).

Candidates will select ONE influence from within biophysical knowledge, and ONE influence from within EITHER te ao Māori or sociocultural knowledge. While both specified influences must be applied to the same movement context, candidates must not interrelate them in their description.

The candidate's understanding of the influences on a movement context must be supported by examples of their own participation, which should be collected during the year as participation occurs. Examples can be still or moving images, audio recordings, or detailed written examples.
