

Assessment Specifications

Scholarship Health and Physical Education 2026

Published in October 2025

General information

Performance Standard:	93501
Assessment method:	Digitally submitted report
Assessment medium:	Digital submission
Permitted file types:	PDF, DOC, DOCX
Final date of submission:	28 October 2026

[Health subject page](#)

[Physical Education subject page](#)

[National secondary examinations timetable](#)

Format of the assessment

Candidates produce a report that critically evaluates a significant well-being challenge or issue facing young people in New Zealand today.

To critically evaluate means to:

- identify the nature of the health or physical activity challenge or issue (supported by relevant data)
- provide **two or more** perspectives on the challenge (bodies of thought, as supported by evidence)
- propose future solutions and / or health promotion actions to address the challenge and enhance young people's well-being.

The report should integrate the following:

- hauora, attitudes and values, the socio-ecological perspective, and health promotion concepts
- bio-physical principles and / or sociocultural factors as relevant
- primary data / own evidence, reflections and / or personal learning experiences

- evidence from **at least one** of the following documents:

[Overview of Youth Health NZ 2024](#)

[The Child and Youth Strategy 2024-27 NZ](#)

[Active NZ: Participation Trends 2017-2023](#)

[Sport NZ Strategic Plan 2024-2028](#)

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](#)