



National Certificate of Educational Achievement  
TAUMATA MĀTAURANGA Ā-MOTU KUA TAEA

## **Exemplar for Internal Achievement Standard**

### **Physical Education Level 2**

This exemplar supports assessment against:

**Achievement Standard 91327**

**Examine the role and significance of physical activity in the lives of young people in New Zealand**

An annotated exemplar is an extract of student evidence, with a commentary, to explain key aspects of the standard. It assists teachers to make assessment judgements at the grade boundaries.

New Zealand Qualifications Authority

To support internal assessment

	Grade Boundary: Low Excellence
1.	<p>For Excellence, the student needs to examine critically the role and significance of physical activity in the lives of young people in New Zealand.</p> <p>This involves explaining the interrelationship between the role and significance of physical activity in the lives of young people in New Zealand by:</p> <ul style="list-style-type: none"> <li>• identifying assumptions</li> <li>• identifying who is advantaged and disadvantaged</li> <li>• considering pros and cons</li> <li>• making judgements and providing supporting evidence.</li> </ul> <p>The student has fully explained the interrelationship between the role (fun factors) and significance (the amount of time involved) of physical activity in the lives of young people (1).</p> <p>The student has fully explained the role (fitness, health benefits) and significance (the relationship between health and physical activity, the amount of time involved) of physical activity by identifying assumptions (2).</p> <p>The student has fully explained the role (health benefits) and significance (the relationship between health and physical activity, the amount of time involved) of physical activity by considering pros and cons (3).</p> <p>The student has fully explained the role (inclusion - physical activity for all) and the significance (who influences when making decisions about physical activity) by making judgements supported with evidence (4).</p> <p>For a more secure Excellence, the student would need to explain in more depth how and why the role and significance of physical activity in the lives of young people by considering who is advantaged and disadvantaged when adults make assumptions about young people's physical activity opportunities.</p>

.... Over the past 10 years there has been a growing interest in the significance of physical activity in young people's lives and organisations such as SPARC, local gyms, sports councils, local sports trusts and our own schools have been prominent in sending messages to young people what they deem to be physical activity ideals. In our school, there has been a lot of debate around issues, such as, which activities are supported the most and why, are the stereotypes surrounding certain physical activities and who are the decision makers in our school when it comes to issues related to physical activity opportunities. This critical discussion seeks to explore the varied roles of physical activity in young people's lives and how these role are significant. It will examine the influences and assumptions surrounding the debate.

The World Health Organisation defines physical activity as "Any bodily movement produced by skeletal muscles that define movement". It is important to be aware that physical activity is not just sport. In a lot of research I found about how young people participate in physical activity I was annoyed to see the surveys focused a lot on sport and therefore did not take into account that young people might be active through other physical activities. For example, the Stay and Play study suggests that 70% of kids drop out of sport between 13-17 years, 62% indicate they are highly likely to drop out of sport and 50% don't do any sport. However, whose to say that some of the 50% reported who do not do any sport are not still active through participating in other physical activities like jogging or skateboarding? ...

...Why young people participate in physical activity and what sort of role it has in their lives was researched by SPARC in the NZ Physical Activity Studies (2001). It suggests that the two most important reasons young people participate were fun and social factors. I found this interesting because for me personally while fun is important I prefer to participate in physical activity because I like to push myself physically and I like being fit enough to compete at the best level I can. Sometimes this means my training is not always fun and I do not necessarily have to participate with my friends to get something out of it. However, I can understand that this is not the same for everybody...

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..Fun and enjoyment can also be a key driver for young people involved in high level and competitive physical activities. There are numerous cases of teenage burn out in sports and adults involved in young people's physical activities need to be aware of this. As referred to earlier, the 'Stay and Play' study indicates that 70% of kids drop out of sport between 13-17. The study also found that one of the most common excuses kids give for dropping out of sport is that they take up too much time, however, the real reason is often that it has become too competitive...

A good example of this is one of my good friends who gave up national level waterpolo last year because she said it was not fun anymore and took up too much time. Apparently, the coaches were pushing them too hard in trainings and they had to get up at 5am 4 days a week and were also training after school. My friend told me that she was too tired to out with us after school and she felt like she was starting to miss out so she quit. One of the positives of her quitting was that she could spend more time with friends and maybe that gave her back a balance in life although I also saw it as a negative that she felt she had to stop playing completely. I suggested that she should look at playing for a social team. That way she could have still hang out with her friends but also kept fit and kept up her skills in case she wants to play again later on....

When we had the class discussion about physical activity I noticed that lots of students play social sports like netball and touch rugby. This is not for me because I am too competitive and think I might get frustrated if people do not have trainings but I thought it was really good that other students who were not competitive still wanted to stay fit and really loved playing sport with their friends. In taking this into consideration, I believe it to be very important that physical activity opportunities are offered at all levels...

...Physical Activity has lots of benefits for young people and some of the ones we talked about in our class discussion were better health and wellbeing, improved concentration at school, confidence, leadership skills and appreciation of the outdoors. We talked about a wide range of these benefits but I found it interesting that lots of organisations who offer physical activity programmes for young people are often focussed on the physical health benefits like getting fit. We are always hearing about the obesity epidemic in the media and it seems lots of organisations are always trying to push us to get more active. I guess that is because organisations like SPARC have reported that there has been a slight decline in activity levels for young people over the past few years,

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however, I think care needs to be taken that we do not create a stigma around body weight (especially for teenagers). The NZ Herald recently printed an article on this issue titled "Amid war on obesity – skeptics warn of stigma". The article reports that stigma is not an effective motivator and in fact young people are less likely to exercise if they are teased or stigmatized....

... I think it is important that when organised physical activity is offered to young people that it should not just focus on getting people 'physically' fit. By focusing only on this, the assumption is that all teenagers are inactive, overweight and unfit. My personal survey of 40 Y12 PE students showed that 82% of my sample were involved in 60mins of moderate to vigorous physical activity per day. Many of these participated for their personal health and wellbeing, however, we discussed a much wider definition of health than just the physical dimension. Many students participate for social and emotional wellbeing too. For example, one student discussed training as a stress relief from busy exam times....

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... I realise that this sample may not be representative of the general population as they have chosen PE as a subject but nevertheless my own observations of people my age tell me that most teenagers would prefer to be involved in physical activity than not....

Our Year 12 PE programme had some variety of practical components to it. At the beginning of the year we all had to choose an event to train for. We could choose any event that interested us so long as we designed our own training programme to learn about training methods and principles. I chose the Mission Bay triathlon because I really enjoy running and swimming and I have not done much cycling but wanted to give it a go. Students in my class all took lots of time choosing their events and in our class discussion lots of us commented how surprised we were at the huge variety of events out there. It was also good to see that you could choose what distances you wished to enter for the triathlon and while I wanted to enter the full distance I noticed 2 others in my class enter the shorter distance. I thought it was really good that the organisers allowed for participants of all levels and cater for different needs, unfortunately this does not always happen in our PE class.

In term two our class had to take part in compulsory climbing activity unit for NCEA performance standard. I guess the assumption was made that this would be a new activity I think the teacher also thought that students would find it challenging and enjoyable. Unfortunately, some of us did not...

The positives I took out of the unit were that it gave me an appreciation for the courage and physical abilities that rock climbers have, however, for a few of us in the class the experience was often terrifying and we dreaded our usually favourite subject. I felt embarrassed when it was my turn because I was so scared of heights and it felt like everyone was watching me. In the end, I ended up with an achieved for the performance standard unit, which I was really disappointed with. I felt disadvantaged because I had to be tested for rock climbing but if I could have been assessed in waterpolo I know I could have got an excellence. A friend in my rep waterpolo team from another school said her teacher let them choose what they wanted to be assessed in and she chose waterpolo. It doesn't seem fair that she could get an excellence and I had to be assessed in something somebody else chose for me. I believe that teachers will need to consider the bias that occurs if the physical activity is limited to one context...

... After taking into account the class discussion and all my research on young people in NZ, my position on the role and significance of physical activity is that it should come in all shapes and sizes and most importantly the activities should be developed in consultation with the students. This would be easy to do for our Year 13 programme next year if we filled in questionnaires for the teacher or even the teacher met us at the end of the year to ask for feedback...

...The NZ Council of Educational Research is investigating a process to get secondary students to have more say in the curriculum. So far, they have found that students recognize some key dilemmas that teachers and policy makers grapple with. I believe the student voice will be a very important part in offering the right physical activity opportunities for our class in the future...

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In general, I have been really happy with the physical activity opportunities offered to us this year but would like to see more choice like we had in term one choosing an event. It would be great if we could also choose our own performance standard context ...

	Grade Boundary: High Merit
2.	<p>For Merit, the student needs to examine, in-depth, the role and significance of physical activity in the lives of young people in New Zealand.</p> <p>This involves:</p> <ul style="list-style-type: none"><li>• full and thorough explanations of how and why physical activity has a role and has significance in the lives of young people</li><li>• a range of points of view that contribute to the understanding of the role and significance of physical activity, and how these interrelate.</li></ul> <p>The student has provided full and thorough explanations of how and why physical activity has a role (competition) and has significance (the importance of physical activity) in the lives of young people. This includes consideration of a range of viewpoints (class, Y12 students, SPARC) that contribute to the understanding of the role and significance of physical activity, and how these interrelate (1).</p> <p>The student has explained the role (competition) and significance (who influences when making decisions) of physical activity by identifying assumptions (2).</p> <p>To reach Excellence, the student would need to explain in more depth how and why the significance of physical activity by considering:</p> <ul style="list-style-type: none"><li>• who is advantaged and disadvantaged</li><li>• what the pros and cons are</li><li>• judgements supported with further evidence.</li></ul>

Physical Activity can play a variety of roles in young people's lives and as well as being important for our health and wellbeing, ongoing participation can also contribute to a wider range of benefits. Through my research and involvement with physical activity I have found the interesting issue to be whether or not young people see physical activity as a significant part of their lives and also whether or not the opportunities provided for us are appropriate. There are many influences on young people's physical activity habits and these can be both positive and negative. This essay will look at these issues and link them to the appropriateness of our school programme.

Physical Activity is defined as "any bodily activity that enhances or maintains physical fitness and overall health. It is performed for various reasons" (www.wikipedia.com) while, sport is defined as "an athletic activity requiring skill or physical prowess and often of a competitive nature" (www.dictionary.reference.com). Therefore, you can see there is a difference between the two terms even though physical activity is often mistaken for sport. This can be problematic especially for people planning physical activity experiences for young people because not all young people want to be involved in organised sport but still find physical activity significant through other activities like going for walks with their friends or skating etc....

...As well as our class discussion, I gathered data from 50 other senior students not taking PE in our school. I wanted to find out what role physical activity played in their lives and if it was different to what we talked about in class. I was surprised at the variety of responses I was given. The top 3 reasons the 70 students I interviewed gave for (not PE students) involving themselves in physical activity were: fun (25), health/wellbeing (18) and friends/social (12). This data is in line with the SPARC participation survey which states that fun is the key reason for young people's involvement, however, it does note that there is a large variety of drivers towards fun. It was interesting to see that when we had our class discussion and the PE students discussed what role physical activity had in their lives – more seemed to be motivated because of things like goal setting and being competitive than the non-PE students surveyed. Only 6 out of the 70 non-PE students mentioned goal setting or competition....

In our class discussion, we all agreed that physical activity was a very significant part of our lives. Students in our class talked about things like it being part of who you are and your identity as a person and also how significant it was in terms of how much time we put into physical activity. At least half of the class were involved in physical activity well over the recommended 60mins per day and 2 students (a triathlete and a waterpolo player) were training in both the mornings and the afternoons most days. I believe most young people find physical activity significant in their lives because you have to choose to be involved and that means sacrificing other activities that we enjoy like hanging out with friends or watching t.v. etc. For example, I calculated that if you take into account all the travelling, training, game times and non-structured physical activity I am involved in at the moment it takes up 14 hours of my week. My parents are often on at me to get some part time work but that would mean I would have to give up some of my physical activity – we are still trying to agree on this.

When I looked at the national data about what type of physical activities were most popular with young people (SPARC, 2001), I noticed that the survey results overwhelmingly showed organised sport.

The top five sports played in clubs by boys aged 5 to 17 are:

- 17% Soccer
- 16% Rugby union
- 14% Swimming
- 8% Cricket
- 8% Hockey .....

I could not find any data in this study that asked the participants about their involvement in physical activity in general. From my experience, it seems to be much easier to get involved with organised sports through school or clubs but I have noticed there are not as many opportunities out there for other physical activities. Maybe it is expected that young people just prefer to do these on a casual basis though rather than having things like skateboarding clubs or walking groups organised. I think adults organising physical activity for young people need to be careful not to make assumptions that we all want to be involved in competitive sport. While most of our PE classes are definitely interested in this form of physical activity, my survey results suggested that many other students are not.

2

..Another thing that I brought up in our class discussion was that at school our Year 12 PE programme is also mostly based around organised sports and the aim is often to compete to get the best results possible. For example, in Term 3 when we participated in our turbo touch unit we split the class into two teams and everybody got really competitive. Some of the students in the class got annoyed with their team mates because they were not playing well enough. I think this is a common barrier for some young people that do not do participate in sport and the research I found seems to support this.

SPARC's "Obstacles to Action" study (2003) confirmed that one of the top three barriers to participating in physical activity was lack of support or encouragement from others. Often in our class people tend to get so competitive that we forget to support and encourage each other. In some situations, this may be enough to put students off the activity all together. I have to admit that I have often made the assumption that because I like activities to be competitive that everyone else should too. This has meant I haven't always been as supportive or encouraging to others as I probably should be...

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A possible solution to some of the barriers I have identified could be that young people are supported to create their own opportunities for physical activity rather than the adults organising it for them. One of my friends at another school told me that one of their Year 12 units involved putting on lunchtime activities for other students. They had to research what they were interested in first and then organise it from scratch. This seems like a really good idea to me because everybody benefits. The students setting up the activities get to learn leadership, coaching and organisational skills and the students will probably be more likely to participate because other students will understand what they like better than the teachers. As our class discussion revealed, it is common for adults to make assumptions about what students want in their physical activity experiences and this is not always correct.

	Grade Boundary: Low Merit
3.	<p>For Merit, the student needs to examine, in-depth, the role and significance of physical activity in the lives of young people in New Zealand.</p> <p>This involves:</p> <ul style="list-style-type: none"><li>• full and thorough explanations of how and why physical activity has a role and has significance in the lives of young people</li><li>• a range of points of view that contribute to the understanding of the role and significance of physical activity, and how these interrelate.</li></ul> <p>The student has provided full and thorough explanations of how and why physical activity has a role (health, fitness, fun, competitiveness) (1) and has significance (the relationship between health and physical activity) (2) in the lives of young people. This includes consideration of a range of viewpoints (class, Y12 students, SPARC, parents) that contribute to the understanding of the role and significance of physical activity.</p> <p>For a more secure Merit, the student would need to provide more full and thorough explanations of how and why physical activity has a role and has significance in the lives of young people, and how these interrelate.</p>



Young people can gain a lot of value from participating in physical activity regularly. The World Health Organisation developed the global recommendations physical activity and this recommends that children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. Our class discussion revealed that the majority of us are actually doing more than this when you accumulate all physical activity participated in over the day eg: walking to school, training, lunch time sport etc....

My main motivation for participating in physical activity is to be physically healthy and keep a fit body. I also like to exercise and train hard so that I can compete at a really high level in football. However, the Ministry of Health also state that the benefits of participating in physical activity for young people are not only physical but also include the following:

- help with social development and interaction
- build self confidence
- provide opportunities for self-expression.

1

Through our class discussion and interviews with other students I became aware that there were a lot of different reasons young people at our school participate in physical activity. Therefore it seems that physical activity plays a variety of roles in young people's lives and this needs to be taken into consideration when people are trying to get us more active.

This is also in line with my own survey results which revealed over 15 different reasons why students participate in physical activity. The top 3 reasons from my survey were:

1. Fun, enjoyment
2. Keeping fit and healthy
3. Being competitive

Looking back at my questionnaire now I wish I had tried to get students to be more specific about what they mean by 'fun' as this would have given me further understanding about the role physical activity plays. SPARC stated that 'fun' was a common motivation for young people being active but explained that different people have different understandings of what is fun. I think this is an important point to consider because for example I know I find fitness training fun whereas someone else may find this horrible and define social sports as their 'fun'...

1

...SPARC have also released a research document titled "It's All About Children and Young People". This also emphasises that involvement in physical activity is significant for young people for a variety of reasons not just physical. For example, the introduction states that: "Not only is participation important for their health and wellbeing but ongoing participation can contribute to:

- development of social skills and moral and ethical behaviour;
- development of personal skills such as problem-solving, communication, decision making and leadership;

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understanding and feelings of inclusiveness and empathy with the needs of others;

- transmission of cultural norms and values;
- opportunities for the development of personal and group identity;
- improvement and maintenance of physical, mental and emotional health;
- productive use of leisure time; and
- helping individuals, groups and communities of people realise their full potential".

This reinforces that physical activity can affect all dimensions of hauora not just the physical. The document specifically comments on “mental and emotional health” (taha hinengaro) and also “development of social skills” (taha whanau).

2

I believe our school sports department are doing a pretty good job of catering for students differing needs because as well as the usual competitive sports we also have the opportunity to play for social teams for netball and touch rugby. I talked to some of the students in the Year 12 social netball team to find out how and why physical activity might be significant in their lives and one student emphasised to me that she only exercised with friends because it helped her forget she was actually working out. When questioned further she explained that she hated the compulsory PE classes in Year 9 and 10 because there was so much fitness. Staying fit through social sport is an added bonus for her but she sees its main role as having fun with friends....

I also talked to my parents and some of their friends about what role physical activity plays in their lives and I noticed that when compared to my friends they were much more interested in exercising for health rather than exercising for fun. I could not find any research to back this up, however, this would be a significant factor to take into consideration when people are planning physical activities for target groups...

1

In junior PE, we spent a lot of time participating in practical activities and therefore lots of physical activity. However, I have noticed that our Year 12 programme has a lot of theory and we do not seem to get the same opportunities to be active. I think it is important for young people to stay active their whole lives and therefore I think physical activity should be compulsory right through school, not just the junior levels. I also think we would learn more in our PE programme if we had more practical physical activities and we could incorporate the theory components into the activity while we are actually participating. If young people are going to keep physically active they will need strong messages that it should be valued. This will not happen if the theory in our course keeps outweighing the practical components.

	Grade Boundary: High Achieved
4.	<p>For Achieved, the student needs to examine the role and significance of physical activity in the lives of young people in New Zealand.</p> <p>This involves explaining how and why physical activity has a role and has significance in the lives of young people in New Zealand.</p> <p>This student has explained how and why physical activity has a role (health benefits) and has significance (the relationship between health and physical activity) in the lives of young people (1).</p> <p>The student has explained how and why physical activity has significance (the amount of time involved and money spent) in the lives of young people (2).</p> <p>To reach Merit, the student would need to:</p> <ul style="list-style-type: none"><li>• provide full and thorough explanations of how and why physical activity has a role and has significance in the lives of young people and how these interrelate</li><li>• explain in more detail a wider range of points of view that contribute to the understanding of the role and significance of physical activity.</li></ul>

As a young person, I believe Physical Activity plays a very important role in our lives and is significant for a number of reasons. This essay sets out to explore some of these reasons and also looks at the variety of roles physical activity may play.

For the purpose of this essay physical activity is defined as “any bodily activity that enhances or maintains physical fitness and overall health.” (www.wikipedia.com)

The main benefits of participating in physical activity for young people include: healthy musculoskeletal tissues (i.e. bones, muscles and joints);

- healthy cardiovascular system (i.e. heart and lungs);
- neuromuscular awareness (i.e. coordination and movement control); and
- It also facilitates maintenance of a healthy body weight. Therefore, it could be concluded that one of the main roles physical activity plays in young people’s lives is strongly linked to health benefits.

In our class discussion, I realised that students also participate because they like to be social, have fun, release stress and compete in organised sport. However, health reasons kept coming up as some of the most important motivators. I can relate to most of the reasons we discussed in class but I do believe when we look at the role of physical activity and health as a whole it makes better sense to consider this in terms of Hauora and wellbeing rather than just 'physical' fitness. Hauora takes into account four dimensions of wellbeing and physical activity can play a role in each one. Therefore, having fun and hanging out with friends can all still be important aspects of our health...

...Physical activity must be a significant part of most young people’s lives because more people choose to play sport and be active than don’t. For example, SPARC states that in 2001 66% of young people were active. This means those young people are spending at least 60 minutes per day exercising. If physical activity was not significant to them, they would not bother devoting as much time to it and would probably spend even more time watching tv or sitting around with their friends or something. Personally, I love being active and I worked out that I can spend up to 10 hours a week doing some sort of physical activity even if it is just walking to school.

Physical activity must also be significant to young people because we spend so much money on it. This can include paying for things like sports fees, uniforms, shoes and trip costs. I don’t think you have to be rich to be physically active because you could just choose to do your own thing like running or walking if you couldn’t afford sports fees.

I believe our Year 12 programme generally suits the needs of the students in our class. We have all chosen to take PE as an option, therefore it is obvious we understand the health benefits of being physically active. If any improvements were to be made I would suggest that we could include more fitness testing to help motivate us to work out more throughout the year. I would also enjoy working out how my results compare to my classmates and this would definitely motivate me.

	Grade Boundary: Low Achieved
5.	<p>For Achieved, the student needs to examine the role and significance of physical activity in the lives of young people in New Zealand.</p> <p>This involves explaining how and why physical activity has a role and has significance in the lives of young people in New Zealand.</p> <p>This student has briefly explained how and why physical activity has a role (social, health, fitness) and has significance (the relationship between health and physical activity) in the lives of young people (1).</p> <p>The student has briefly explained how and why physical activity has significance (who and what influences decision-making about physical activity) in the lives of young people (2).</p> <p>For a more secure Achieved, the student would need a greater explanation of how and why physical activity has a role and significance in the lives of young people.</p>

Physical activity includes a wide range of things and should not be mistaken for just sport. The recommendations for young people to be active are at least 60minutes per day of exercise that makes you puff and get sweaty. While this might include sports like hockey or touch, it could also include walking to school or skateboarding round the neighbourhood. You can also add up all the times you exercise through the day so getting 60minutes isn't actually that hard....

Most people I know are involved in some kind of physical activity even if it is not sport. When we had our class discussion we decided that our PE class were probably involved in more competitive sports than other students at our school but were not always necessarily more active. Personally, I find it rewarding to play competitive sport and I get a lot out of it but at the same time I can understand why some people would rather stay active doing their own thing. I think that is probably why I didn't really enjoy my junior PE lessons. I would get frustrated with the students who didn't try hard enough and these students seemed to get a hard time from the rest of us (especially if our team lost). They also looked really embarrassed when we did fitness testing because the same people were always at the bottom of the class. I guess it is not surprising they dropped PE as soon as they could....

Physical Activity has a lot of benefits. The World Health Organisation states that it is important for young people to be active for health reasons like preventing heart problems later on and obesity. I thought it was interesting that physical activity can also limit depression and anxiety. I am involved in different physical activities for different reasons. I go jogging with my Dad twice a week because I want to stay fit and healthy (and not get fat) but I play hockey because I love the game, hanging out with my friends, competing at the games on Sundays and I also love the practices. Most people in our class were similar to this when we talked about what role physical activity played in our lives – it's different for everyone.

①

I think young people's physical activity habits are probably influenced a lot by the media, our friends and our parents. Both my Mum and Dad played hockey when they were younger and they organised for my brother and I to play right from primary school. I think they would be pretty upset if we quit but they don't push us too hard. I have a friend who is playing netball only because her Mum is crazy about it. She coaches the team and I think she assumes that my friend loves the game as much as her. Parents like this could be problematic for young people because they might put their kids off sport all together if they push them too hard.

②

SPARC research shows that physical activity levels for young people have decreased slightly from 1997 – 2001. They do not give the reason for this but I think it might have to do with our age group spending a lot more time on computers and social networking than the kids did in 1997. I know myself that it can be hard to get off Facebook when it's time for hockey training, especially if it's cold and rainy outside. I think I am pretty motivated with my hockey and that is why I still go but I think if you didn't love the sport you played you might get distracted a lot easier.

②

I think physical activity is significant in young people's lives no matter what level they participate. Like I said before, most of us participate in some sort of exercise even if it is not enough. Being good at sports is also considered 'cool' at our school and therefore most people will either try to play something well or will at least come and watch games like the 1<sup>st</sup> XV. SPARC research with 11-18 year olds showed that young people are will often choose particular sports depending on their level of social interaction and I definitely agree with this.

When we critiqued our Year 12 PE programme in the class discussion we couldn't really agree on anything as a class and this demonstrated that we are all individuals who participate in physical activity for different reasons. When the teacher organises our units she is never going to be able to please everybody as there is a huge variety of different physical activities available. I suggested in our class discussion that she should organise physical activities that not many people have done before so that we can all be learning together. I think some people get intimidated when we participate in activities that other people in the class excel in and therefore they don't try as hard. It is important to feel 'comfortable and confident when you are learning new physical activities so maybe this would help....

	Grade Boundary: High Not Achieved
6.	<p>For Achieved, the student needs to examine the role and significance of physical activity in the lives of young people in New Zealand.</p> <p>This involves explaining how and why physical activity has a role and has significance in the lives of young people in New Zealand.</p> <p>This student has explained why physical activity has a role (competition) and significance (who influences when making decisions about physical activity) in the lives of young people (1).</p> <p>To reach Achieved, the student would need to:</p> <ul style="list-style-type: none"><li>• explain how physical activity has significance (who influences when making decisions about physical activity) in the lives of young people (examples would help support the explanations)</li><li>• explain in more detail how and why physical activity has a role in the lives of young people.</li></ul>



**What is physical activity?** Physical activity is exercise and sports. It can be organised, like a game of rugby for the school, or it can be casual, like going jogging with some friends.

**Who is involved and why?** Most people are involved. Research says 66% of young people are active and the main driver is fun. Other reasons include keeping fit and healthy, social reasons, being competitive and for some people its because they have to eg: their parents force them to or the school makes it compulsory. **For me personally, why I play in a competition is because of my mum makes me play. This means she can live her netball through me as she used to play rep netball.**

1

**What influences people to be active?** I think we are influenced a lot by the media. I know when I see pictures of good bodies in magazines and on tv. it motivates me to get fitter.

**What is the value of physical activity?** Keeping fit has a lot of benefits including: healthy bones, muscles and joints, good cardiovascular health and good weight management.

**What are assumptions people have about the role and significance of physical activity for young people?** At our school, the sports department assumes that most girls want to play netball and most boys want to play rugby. In society, most people assume everybody wants to be active but some people do not care about their bodies enough to be motivated.

**What role does physical activity have in the lives of children, young people, and adults i.e. why do they get involved in physical activity, what do they gain from being involved? How do views differ?** I guess that adults would probably participate more in physical activity to stay healthy because they are getting older and need to be careful with their health. Whereas we probably participate for fun.

**Why is it considered important?** Because the government needs us to stay healthy.

**How do schools decide what physical education programmes they offer, who are the decision makers – who has a voice?** At our school, it is the PE teachers who decide what they do. We have never been asked what sports we want.

After our class discussion, it was obvious that people are interested in a wide range of sports and that most of our class like to be competitive and fit. Some students had done surveys and they found out that our class liked physical activity to be more competitive than the students who did not do PE.

Our Year 12 programme so far, this year has been heaps of fun and I have learnt lots of new sports like turbo touch and rock climbing. I think we should do more outdoor adventure activities in PE for Year 13. I think our teacher wanted us to be good at a range of sports and also learn how we can write our own fitness programmes. We learnt lots about wellbeing and hauora over the last 3 years and this is also good.

I do not really think the PE department needs to change anything right now as I really like the sports we do and if there are any sports we don't cover I can always try these out of school.

In conclusion, I think physical activity is extremely important for young people's development.