

This assessment is based on a now-expired version of the achievement standard and may not accurately reflect the content and practice of external assessments developed for 2025 onwards.

# 1

92018



Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Physical Education 2024

### 92018 Demonstrate understanding of the influence of personal movement experiences on hauora

Credits: Five

#### ASSESSMENT TASK

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of the influence of personal movement experiences on hauora.	Explain the influence of personal movement experiences on hauora.	Evaluate the influence of personal movement experiences on hauora.

Refer to this document to respond to the task for Physical Education 92018.

Check that this document includes page 2.

Do not use chatbots, generative AI, or other tools that can automatically generate content.

**DO NOT TAKE THESE ASSESSMENT MATERIALS OUT OF THE ASSESSMENT ROOM.**

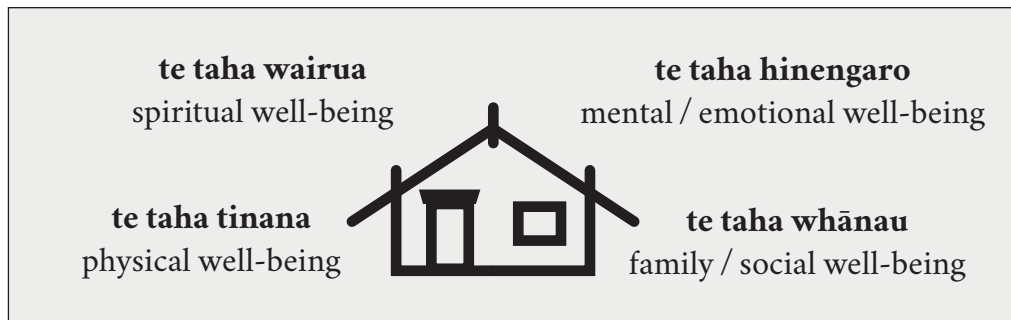
## INTRODUCTION

Movement influences our hauora in positive and negative ways.

Throughout this year, you will have taken part in at least three different movement experiences within one movement context. For example, you may have participated in bouldering, climbing an indoor wall, and climbing on a rock face as part of a rock-climbing movement context. Following each experience, you will have reflected on how it influenced your hauora.

### Te Whare Tapa Whā model of hauora

Mason Durie's Te Whare Tapa Whā model describes hauora as a wharenui with four walls.



Personal movement experiences can influence the wharenui in ways that are different for everyone and can evolve over time.

## TASK

Produce a portfolio that demonstrates your understanding of the influence of personal movement experiences on hauora, referring to Te Whare Tapa Whā.

- Identify your ONE movement context (e.g. rock-climbing).
- Complete a reflection for each of your THREE personal movement experiences from your ONE movement context, repeating the following structure:
  - Identify your personal movement experience (e.g. bouldering).
  - Identify the dimension of Te Whare Tapa Whā most influenced by your personal movement experience.
  - Explain how and why this personal movement experience influenced this dimension (the influence may be positive or negative).
  - Give specific example(s) from your own participation.
- Complete one final reflection where you draw conclusions from what you learned from participating in the movement context to recommend how you can positively influence your own hauora through movement. Refer to all four dimensions of Te Whare Tapa Whā in your reflection.

### Remember:

- Focus on the influence of the personal movement experience, not on describing the model of Te Whare Tapa Whā.
- Avoid repeating material in your reflections.
- You are encouraged to write no more than 800 words or record four minutes of video/audio.