

**PREREQUISITES**

This course will need a good level of communication skills. A sound level of attainment required in Year 10 Physical Education and in Year 10 English.

**COURSE OUTLINE**

This course will cover a variety of activities in both physical and theory work.

There will be 20 credits on offer which will involve the following areas:-

- Developing physical skills
- Meeting physical challenges
- Understand the body and how it works
- Societal influences on physical activity
- Developing strategies to help others in physical activities
- Leadership skills

The course consists of both practical and written work.

**ASSESSMENT**

This course will be assessed against the National Achievement Standards. The course offers 20 credits at NCEA – Level 1. The course is fully internally assessed.

**WHERE DOES IT LEAD?**

Provides important grounding for Level 2.

**LITERACY/NUMBERACY LEVEL 1**

8 Level 1 literacy credits

**UNIFORM**

House singlet or TBHS top and blue shorts

**CONTACT**

HoD Physical Education - Mr McFarlane