

## Course Outline 2022

### Subject: Level ONE Physical Education and Outdoor Education 05 - Half course

Course Code:	L1PEOE05	Course Length:	Full year – half course (two lessons per week)
Brief Description:			
<p>This course is designed to incorporate aspects of Physical Education, Outdoor Education and Outdoor Recreation. It caters for the learners who do not wish to take the full Level 1 NCEA Physical Education course but still enjoy participating in physical activities. Learners will be engaged in practical based learning to develop the following:</p> <ol style="list-style-type: none"><li>1. Learners will participate in a range of physical activities that aim to improve performance and positively impact their hauora.</li><li>2. Learners will participate in a range of outdoor recreation activities and explore how this movement can bring enjoyment to people's lives.</li><li>3. Learners will develop interpersonal skills such as effective listening, assertiveness, manaakitanga, showing empathy, problem solving, negotiation and compromise.</li><li>4. Learners will develop a range of outdoor recreation skills based around tramping, camping, water sports and archery.</li></ol> <p>This course is flexible in nature and will be constructed to meet the needs and ability levels of the learners in the class.</p>			
Pre-requisites/Co-requisites:			
None			
Cost/Equipment:			
\$30 – Includes all activity costs.			
Teacher in Charge of this Course:		BAY	

Max credits - 0

Max external credits - 0

Please note that although there will be some assessment to build skills and concepts for future study, there are no NCEA standards or credits in this 05 half course.