

NZQA Approved

Internal Assessment Resource

Physical Education Level 3

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| This resource supports assessment against:Achievement Standard 91501Demonstrate quality performance of a physical activity in an applied setting |
| Resource title: Triathlon  |
| 4 credits |
| This resource:* Clarifies the requirements of the standard
* Supports good assessment practice
* Should be subjected to the school’s usual assessment quality assurance process
* Should be modified to make the context relevant to students in their school environment and ensure that submitted evidence is authentic
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| Date version published by Ministry of Education | July 2017To support internal assessment from 2017 |
| Quality assurance status | These materials have been quality assured by NZQA. NZQA Approved number A-A-07-2017-91501-02-6418 |
| Authenticity of evidence | Teachers must manage authenticity for any assessment from a public source, because students may have access to the assessment schedule or student exemplar material.Using this assessment resource without modification may mean that students’ work is not authentic. The teacher may need to change figures, measurements or data sources or set a different context or topic to be investigated or a different text to read or perform. |

Internal Assessment Resource

Achievement Standard Physical Education 91501: Demonstrate quality performance of a physical activity in an applied setting

Resource reference: Physical Education 3.4B v2

Resource title: Triathlon

Credits: 4

Teacher guidelines

The following guidelines are supplied to enable teachers to carry out valid and consistent assessment using this internal assessment resource.

Teachers need to be very familiar with the outcome being assessed by Achievement Standard Physical Education 91501. The achievement criteria and the explanatory notes contain information, definitions, and requirements that are crucial when interpreting the Standard and assessing students against it.

Context/setting

This activity requires students to complete a short course triathlon. This physical activity consists of a 750 metre swim, a 20 kilometre cycle and a five kilometre run. Students must complete the whole triathlon individually and not as part of a team. Performances will be timed and will determine student achievement.

Conditions

The short course triathlon will be carried out as a competitive event. Students are assessed based on their overall time to complete the triathlon with reference to the performance rubric.

All school and regional council safety and risk management procedures and plans must be completed and adhered to. Student safety and wellbeing is to be considered at all times.

The teaching and learning programme that will precede the event should cover knowledge needed to train for and participate in a triathlon.

Resource requirements

None.

Additional information

A traffic management plan may be required when public roads are in use or are crossed. It is recommended that contact be made with your regional council to determine the required process.

Internal Assessment Resource

Achievement Standard Physical Education 91501: Demonstrate quality performance of a physical activity in an applied setting

Resource reference: Physical Education 3.4B v2

Resource title: Triathlon – the ultimate challenge

Credits: 4

| **Achievement** | **Achievement with Merit** | **Achievement with Excellence** |
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| * Demonstrate quality performance of a physical activity in an applied setting.
 | * Demonstrate a high quality performance of a physical activity in an applied setting.
 | * Demonstrate an outstanding quality performance of a physical activity in an applied setting.
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Student instructions

Introduction

This assessment activity requires you to participate individually in a short course triathlon.

Your time will be recorded. Your level of achievement will be determined by your finishing time.

The event you are competing in consists of three stages: a 750 metre swim, a 20 kilometre cycle, and a five kilometre run.

Ensure that you know what level of performance will be required to obtain an achieved, merit or excellence grade for this Achievement Standard.

Teacher note: This resource uses the short course triathlon distances. If you choose alternative distances, ensure that this has been is by NZQA and is published in the performance standard appendix document.

Task

*Preparatory activity*

In preparation for the triathlon you will complete an eight-week training programme that will specifically prepare you for the requirements of competing in this type of physical activity. This will involve identifying the key requirements of the triathlon including: fitness components, skills, and strategies; assessing your current ability and fitness levels; prioritising needs to be focused on in a performance improvement programme; and completing a goal-setting process that establishes specific targets and strategies that will enable you to overcome barriers.

You are to complete a triathlon consisting of a 750 metre swim, a 20 kilometre cycle and a five kilometre run.

Teacher note: You may indicate in this section some specific details about your triathlon such as date of the event, start time, race briefing time, name of the pools and where the run and bike will take place and meeting points, and transportation of bikes. A map can be attached as an additional resource.

You require the following:

* swim togs (no bikinis/board shorts), towel, goggles
* road worthy bike – with working gears and breaks
* bike helmet (fitted) – standard safety approved
* puncture repair kit
* suitable running shoes
* your own nutritional requirements (water, food etc)
* suitable clothes for the day (if the weather poor look to wear polypro thermals)
* change of clothes (suitable for the weather).

You need to compete in a safe manner, including following all safety rules and race briefing guidelines.

Assessment schedule: Physical Education 91501 Triathlon (750 metre swim, a 20 kilometre cycle and a five kilometre run)

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| **Evidence/Judgments for Achievement**  | **Evidence/Judgments for Achievement with Merit**  | **Evidence/Judgments for Achievement with Excellence** |
| The student has demonstrated quality performance of a physical activity in an applied setting. They have done this by:* completing the triathlon in 95 minutes and 57 secs or less if they are male or
* completing the triathlon in 112 minutes and 45 secs or less if they are female.
 | The student has demonstrated a high quality performance of a physical activity in an applied setting. They have done this by:* completing the triathlon in 84 mins 45 secs or less if they are male or
* completing the triathlon in 199 mins 40secs or less if they are female.
 | The student has demonstrated an outstanding quality performance of a physical activity in an applied setting. They have done this by:* completing the triathlon in 73 mins 30 secs or less if they are male or
* completing the triathlon in 86 mins 35 secs or less if they are female.
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Final grades will be decided using professional judgement based on a holistic examination of the evidence provided against the criteria in the Achievement Standard.