

# Contents

Introduction and Acknowledgements .....	i
Critical Thinking .....	1
Achievement Standard 90962 (Physical Education 1.1) .....	9
<i>Internally assessed</i> 5 credits	
<b>'Participate actively in a variety of physical activities and explain factors that influence own participation'</b>	
Achievement Standard 90963 (Physical Education 1.2) .....	31
<i>Internally assessed</i> 5 credits	
<b>'Describe the function of the body as it relates to the performance of physical activity'</b>	
Achievement Standard 90964 (Physical Education 1.3) .....	61
<i>Internally assessed</i> 3 credits	
<b>'Demonstrate quality movement in the performance of a physical activity'</b>	
Achievement Standard 90967 (Physical Education 1.6) .....	79
<i>Internally assessed</i> 3 credits	
<b>'Demonstrate strategies to improve the performance of a physical activity and describe the outcomes'</b>	
Achievement Standard 90965 (Physical Education 1.4) .....	123
<i>Internally assessed</i> 4 credits	
<b>'Demonstrate understanding of societal influences on physical activity and the implications for self and others'</b>	
Achievement Standard 90966 (Physical Education 1.5) .....	155
<i>Internally assessed</i> 4 credits	
<b>'Demonstrate interpersonal skills in a group and explain how these skills impact on others'</b>	
Achievement Standard 90968 (Physical Education 1.7) .....	195
<i>Internally assessed</i> 3 credits	
<b>'Demonstrate and show responsible behaviour for safety during outdoor education activities'</b>	

<b>Achievement Standard 90969 (Physical Education 1.8)</b> .....	209
<i>Internally assessed 2 credits</i>	
<b>'Take purposeful action to assist others to participate in physical activity'</b>	
<b>Achievement Standard 90970 (Physical Education 1.9)</b> .....	213
<i>Internally assessed 3 credits</i>	
<b>'Demonstrate self-management strategies and describe the effects on participation in physical activity'</b>	
<b>Answers</b> .....	227
<b>Index</b> .....	243