

PEH Assessment 1, 2024- Year 8 - Community resources:

Context: Explore Tamaki Makaurau

Achievement Objectives

Community resources (4D2) Investigate and/or access a range of community resources that support well-being and evaluate the contribution made by each to the well-being of community members.

Due Date: TBC

Definition of a community resource that you can complete a physical activity: recreational, social or multipurpose uses owned or operated by a public entity such as a city council facility. Typical uses include public parks, sports facilities, senior citizen centers, nature centers, teen centers, playhouses, auditoriums and recreational centers

Examples of places you can visit where you can complete a physical activity: Local parks, beaches, gyms, sports fields, Volcanos in Tamaki Makaurau.

Task 1: Investigate and visit 2 different locations within Tamaki Makaurau (Auckland area). You can visit these places with Whanau/family and friends or use the class trips we complete during school time. Please provide photographic evidence of each of these visits.

Task 2:

Produce a report promoting the two visited community resource locations you have been to. This report will advertise the multiple benefits these community resources have to members of the public. Your report can be either about the trip opportunities MHJC has provided in school time (Totara Park or Botanical Gardens, Silvana Park, Mission Heights reserve or Point view reserve) or you may write about a trip you complete in your own time with family or friends. Please ensure that the destination is in the Tamaki Makaurau (Auckland) area. Your investigation and report must have the following information...

- The distance and travel time of these 2 places are to visit from MHJC (use google maps)
- What activities can you participate in e.g. walking, camping, swimming, biking. Discuss the activities you did as well as other physical activities you could do at this destination.
- What facilities are available (picnic places, toilets, parking etc)
- Explain how this facility can enhance aspects of well being for all

Evidence of the above criteria can be presented in different methods of your choice....video, photos, interview, brochure, slide show or poster. You may work alone or in pairs. Have fun with this task

Task 2 Possible Template:

This assessment requires you to complete the following list of questions for two community areas you visit. You may use this template or use your own ...

Date:	Activity 1: Destination:
Short description: (What happened? How long? Who did I do it with? etc.) <ul style="list-style-type: none">- List the distance this place is to visit from your house or MHJC if it's a school trip (use google maps)....- The time it will take to get there from your house or MHJC by car and by walking (use google maps).....- What activities that you can do there and for you all to possibly participate in some.....- What facilities are available (picnic places, toilets, parking etc).....	
What did you enjoy about the activity? -	
Explain how visiting this place and participating in a physical activity enhanced your Hauora Taha Tinana (Physical) - Taha Wairua (Spiritual) - Taha Whanau (Social)-	

Taha Hinengaro (Mental)-

Rate level of participation: (highlight)

1 2 3 4 5
Low High

Photographic evidence of visiting this place:

Task 2 Exemplar:

This assessment requires you to complete the following list of questions for two community areas you visit ...

Date: 29/07/22

Activity 1:

Destination: Family Hike at Karekare Beach

Short description: (What happened? How long? Who did I do it with? etc.)

Today was a really sunny day so we decided as a whanau to head to one of our favorite Auckland Beaches on the west coast. As the

weather looked great for a change and we needed to take advantage of the sunshine we decided to take a picnic lunch and head for a drive. My wife, Daughter and Dog Lucy came along.

- List the distance of this places is to visit from your house (use google maps)....37 km
- The time it will take to get there from my house by car and by walking (use google maps).....45 minutes drive & 2 hours walking
- What activities that you can do there and for you all to possibly participate in some.....Surfing, hiking, camping, football, volleyball, beach cricket, swimming, yoga, rugby, fishing
- What facilities are available (picnic places, toilets, parking etc).....Toilets, carpark, outdoor shower, outdoor bbq, camp ground, surf lifesaving and lifeguards

What did you enjoy about the activity?

- Spending time with family & getting our dog more used to swimming
- Not much people around so felt like we were on holiday
- The scenery is amazing and my wife took lots of photos

Explain how visiting this place and participating in a physical activity enhanced your Hauora (please describe at least three dimensions of Hauora)

Taha Tinana (Physical) - We went for about 8 km which is one of the longest walks my daughter has done. It was tough on the beach section as we wore no shoes & the soft sand was hard on your quad muscles.

Taha Wairua (Spiritual) - We value family time together and also going to places that are away from the busy hustle of city life away from technology and we are able to be together and create special memories. We value living in Tamaki Makaurau as it allows us opportunities to travel a short distance to get to these wilderness places with only the cost of travel as a small barrier. My wife and I having both lived in major mega cities around the world we realize that living here allows you to do this easily compared to many other places.



Rubric

Criteria	Working Towards	Working At	Working Above	Working Beyond
Other subjects here				
(PE) Community resources.	You have described how community events support and enhance community well-being.	You have accessed community resources and begun to describe how these contribute to community well-being.	You have accessed community resources and described how these support community well-being.	You have explained how various community resources support and promote community well-being.
Writing Accuracy	You have made errors in grammar, spelling and/or punctuation and these are intrusive at times, consequently the reader has to infer meaning	You have made some errors, but minimal reader inference is needed as meaning is mostly clear	You have carefully edited your writing to ensure you have few intrusive errors and meaning is consistently clear	You have carefully edited your writing to ensure you have no intrusive errors and meaning is consistently clear
Time Management	You have not handed in your work	You have handed in your work late	You have handed your work in on time	You have handed your work in on time
Overall Grade	Working Below the Curriculum Expectation	Working At the Curriculum Expectation	Working Above the Curriculum Expectation	Working Beyond the Curriculum Expectation

