
Francis Douglas



Memorial College

Sport and Outdoor Education

Francis Douglas Memorial College offers not only an extensive range of curriculum options but also a wide diversity of sport and an excellent outdoors programme. The school has excellent sporting facilities with expansive grounds including sports fields, tennis courts, cricket nets, an outdoor swimming pool and a fitness centre.



Outdoor Education Level Two (Year 12)

Content: This is an NCEA course where students can achieve up to 24 Level 2 credits. Most assessments are Unit Standards. The course covers a wide range of outdoor skills such as camping, tramping, mountain biking, high ropes, rafting, rock climbing, abseiling and includes a week long camp at TOPEC.

Standard	Credits	Description	Internal/ External
US20157	3	Demonstrate the use of basic rope systems for top rope climbing and abseiling	Internal
US 426	3	Demonstrate camping skills	Internal
US 425	3	Demonstrate tramping skills	Internal
US 473	3	Demonstrate social and personal development in using High Rope activities	Internal
US 467	3	Demonstrate social and personal development in using Adventure Based Learning	Internal
US 457	3	Mountain bike on intermediate to expert terrain	Internal
US 485	3	Demonstrate rafting skills on sheltered or slow moving water	Internal
US 431	3	Navigate in good visibility on land	Internal

What it leads to:

Students have the opportunity to develop skills and an appreciation of the great outdoors. **Course Costs:** Approximately \$350.00 (TOPEC and Day Trips)



Physical Education Studies Level 3 (Year 13)

Content: This is an NCEA course where students can achieve up to 22 Level 3 credits. The course covers a wide range of topics and builds upon the foundation from Level 1 and 2 Physical Education studies. Students will analyse a physical skill in a sport such as Badminton or Golf, train for an activity like an Adventure Race or Triathlon, examine issues in New Zealand like skiing and tramping as contexts in a trip to Mt Ruapehu.

Standard	Credits	Description	Internal/ External
91498	4	Evaluate physical activity experiences to devise strategies for lifelong wellbeing	Internal
91499	3	Analyse a physical skill performed by self or others	Internal
91500	4	Evaluate the effectiveness of a performance improvement programme	Internal
91501	4	Demonstrate quality performance of a physical activity in an applied setting	Internal
91502	4	Examine a current physical activity event, trend or issue and its impact on New Zealand society	Internal
91504	3	Analyse issues in safety management for outdoor activity to devise safety management strategies	Internal

What it leads to: A wide range of careers and further tertiary study options including personal training, physiotherapy, PE teaching sports management and a multitude of options in the sport, health and fitness and outdoors sectors.

Course Costs: \$240 for Risk Management Trip involving skiing and other outdoors activities.



Physical Education Studies Level 2 (Year 12)

Content:

This is an NCEA course where students can gain up to 20 Level 2 credits. The course covers a range of topics and builds upon the foundation gained in Level 1 PE. Areas of development include

- Fitness programme planning
- Principles and methods of training
- Skill learning processes
- The analysis of risk, using TOPEC outdoor activities as a context.
- Leadership skills with our Year 8 students.

Standard	Credits	Description	Internal/ External
91328	5	Demonstrate understanding of how and why biophysical principles relate to the learning of physical skills.	Internal
91329	4	Demonstrate understanding of the application of biophysical principles to training for physical activity.	Internal
91330	4	Perform a physical activity in an applied setting.	Internal
91332	4	Evaluate leadership strategies that contribute to the effective functioning of a group.	Internal
91333	3	Analyse the application of risk management strategies to a challenging outdoor activity.	Internal

What it leads to:

Students can build on their base knowledge and take these skills into Level 3 Physical Education. Valuable leaderships skills can be developed as well as the ability to design and implement physical training programmes and the best ways to improve in team and individual sports.

Course costs: \$250 for week long TOPEC camp in Term 3

