



## A DAY IN THE LIFE

PHYSICAL EDUCATION: YEAR 13, 9-10

Objectives	
<p>Achievement objectives</p> <p>Students will gain knowledge, skills and experience to:</p> <ul style="list-style-type: none"><li>Critically analyse the impacts that conceptions of personal, cultural, and national identity have on people's well-being.</li></ul>	<p>Learning area: PE Years:13 Curriculum Level: NCEA Level 3 Unit Duration: 3-4 lessons</p> <p>Appropriate for: PE 3.1 Lifestyles, could be adapted for junior Health classes</p>

Learning Intentions:
<ul style="list-style-type: none"><li>Compare and contrast a day in the life of a New Zealand and Japanese school student.</li><li>Critically analyse the differing attitudes to physical activity and impact on wellbeing</li></ul>

Activity instructions
<p>Pre-task: Students note down their typical day, including getting up, how they get to school, work, trainings.</p> <ol style="list-style-type: none"><li>Show the PowerPoint and talk through it</li><li>Use the questions / SOLO maps to extend understanding<ol style="list-style-type: none"><li>DESCRIBE the impact on wellbeing</li><li>COMPARE and CONTRAST to New Zealand teens</li></ol></li><li>Write a paragraph that EXPLAINS the differences and how it might impact on lifelong physical activity</li></ol> <p><a href="#">Click here to read about my experience in Japan</a></p> <p><a href="#">A video summarising our trip to Japan</a></p> <p>Acknowledgement: Thank you to HookED for the use of their resources. <a href="http://pamhook.com/">http://pamhook.com/</a></p>