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| SECTION A | | SECTION B | |
| Select and complete **three** out of the five in Section A | | Select and complete three out of the six in Section B | |
| 1 | Investigate whether tall students in your class are able to run faster, jump further, jump higher or throw further than shorter students. Write up your findings. | 1 | Plan and map an orienteering course. Draw a map of the course and provide a list of clues. |
| 2 | Show how knowledge of geometry could be used to enhance a person’s performance in any sport. Present your findings in an interesting manner. | 2 | Determine your level of fitness by using an established test or devise your own. Record your results. Prepare and carry out a fitness schedule for a period of one month. Record and chart your progress. Draw conclusions about the effectiveness of your programme. |
| 3 | Compile a database of athletic or swimming records for two of the following:  a) yourself  b) students in your class or school  c) sports records – local, national, international | 3 | Plan and record a balanced diet for a sports person or a person preparing for a special sports event. Consider the following:  \* time frame \* energy content \* cost |
| 4 | Design and create a game which can be played within the size of a netball court, on a hard surface. Invent and explain the scoring system. Choose an innovative way to show how the game can be played, eg. photo’s, video, pictures, etc. | 4 | Plan a fitness circuit suitable for your class, whanau or school. Draw a neat site plan to show how it works. |
| 5 | Estimate the costs involved in playing a sport of your choice. Compare the costs for two of the following:   * summer and winter sport * an indoor and outdoor version of the same sport * individual and team * two different sports that you are or wish to be involved in | 5 | Investigate and analyse the nature of injuries that occur for one of the following over a four week period:   * school * sports club or group   Record and present your findings. How much productive time is lost due to these injuries. |
|  |  | 6 | Plan a tabloid sports day for your whanau/school. What games would you have? How many teams? How many in a team? Rotations? Draw a map of how your event would run. |