**Ākonga worksheet
Heart Running**

1. What is your perceived level of competence in cross-country running?

unable to run running seems easy

400m continuously and effortless

 1 2 3 4 5

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2. What are the advantages and disadvantages of participating in aerobic exercise including cross country?

|  |  |
| --- | --- |
| Advantages of deliberate exercise (including cross country) | Disadvantages of deliberate exercise (including cross country) |
| \*\*\*\* | \*\*\*\* |

1. Complete the table below to explore how cross-country impacts on aspects of hauora

|  |  |  |
| --- | --- | --- |
| **Aspects of hauora** | **Identify how cross-country may positively contribute to each dimension of hauora** | **Identify how cross-country may negatively contribute to each dimension of hauora** |
| Taha tinanaThe physical body, the ability to move, how to care for the body. |  |  |
| Taha wairuaSearch for meaning, personal identity, and values and beliefs. |  |  |
| Taha hinengaroThe ability to think and expressing thoughts and feelings. |  |  |
| Taha whānuaCaring for others, maintaining friendships, and the feeling of belonging. |  |  |

4. Compare your level of competence (from lesson one) and identify which social and cultural factors contribute to the level of participation and competence.







5. Ākonga brainstorm carried out in pairs.

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| --- |
| List the activities/sports you do both in school and out of school. |
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|  |

6. How do any of the identified social and cultural factors influence your choice of activities?







7. To what extent does your choice of activities contribute to each dimension of hauora?

**Tinana**

 hardly at all a bit heaps

 



**Wairua**

 hardly at all a bit heaps





**Hinengaro**

hardly at all a bit heaps





**Whānau**

hardly at all a bit heaps





|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 |
| Daily check on effortI didn’t try I tried really hard today hard today1 2 3 4 5|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Daily check on level of satisfactionI don’t care I was really pleased how well I did with how well I did today1 2 3 4 5|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Daily check on level of Responsibility Irresponsible Self control Involvement Self responsibility Caring1 2 3 4 5|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Number of laps of circuit – goal for this lesson |  |  |  |  |
| Number of laps of circuit – completed |  |  |  |  |

**Daily debriefs after inter-class distance competition**