**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?

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| --- | --- |
| 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 tinana  The physical body, the ability to move, how to care for the body. |  |  |
| Taha wairua  Search for meaning, personal identity, and values and beliefs. |  |  |
| Taha hinengaro  The ability to think and expressing thoughts and feelings. |  |  |
| Taha whānua  Caring 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 effort  I didn’t try I tried really  hard today hard today  1 2 3 4 5  |\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  | |  |
| Daily check on level of satisfaction  I don’t care I was really pleased  how well I did with how well I did today  1 2 3 4 5  |\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  | |  |
| Daily check on level of Responsibility  Irresponsible Self control Involvement Self responsibility Caring  1 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**