

# LEVELS 3 & 4

*assessing movement & physical activity*

## MOVing the body

### **PRACTISE & REFINE FUNDAMENTAL MOVEMENT SKILLS**

Punt, Overhand throw, Forehand strike, Two-hand side-arm strike

### **PERFORM MOVEMENT SEQUENCES**

Lay up in basketball, Athletics such as triple jump, high jump, long jump

### **PRACTISE & APPLY MOVEMENT CONCEPTS & STRATEGIES**

Strategies to evade being 'tagged', Strategies to score runs in striking & fielding games

## understanding MOVEment

### **EXAMINE THE BENEFITS OF PHYSICAL ACTIVITY**

Better sleep, Better concentration in class, Better fitness

### **COMBINE ELEMENTS OF MOVEMENT**

Demonstrate symmetry (mirror activities), Change speed, direction, movement pathways & levels while moving

## learning through MOVEment

### **ADOPT INCLUSIVE PRACTICES**

Work as a team to maintain possession in a game

### **APPLY INNOVATIVE & CREATIVE THINKING TO SOLVE MOVEMENT CHALLENGES**

Transfer strategies from one invasion game to another (e.g. hockey to soccer), Use a strategy from Hot Shot tennis to win a point in a game of Newcombe

### **WORK COOPERATIVELY & APPLY RULES FAIRLY**

Determine a set of team rules, Self-manage to apply rules appropriately