

LEVELS 5 & 6

assessing movement & physical activity

MOVing the body

PRACTISE SPECIALISED MOVEMENT SKILLS

Swim 50m, Hurdle, Shot put, Discus

DESIGN & PERFORM MOVEMENT SEQUENCES

Use equipment in a rhythmic gymnastic routine, Develop & perform a creative dance

PRACTISE & APPLY MOVEMENT CONCEPTS & STRATEGIES

Demonstrate offensive & defensive strategies in games

understanding MOVEMENT

PARTICIPATE IN ACTIVITIES TO ENHANCE FITNESS

Fitness circuits, Stretching, Cross-country run

EXAMINE THE BENEFITS OF PHYSICAL ACTIVITY

Improved social health, Improved mental health

MANIPULATE ELEMENTS OF MOVEMENT

Control speed & accuracy when softball pitching, Demonstrate accuracy in target games

learning through MOVEMENT

PARTICIPATE IN TEAMS IN DIFFERENT ROLES

Netball: has a go in all positions on the court & as scorer, umpire & timekeeper

GENERATE SOLUTIONS TO MOVEMENT CHALLENGES

Baton change in relay races, Play 'All aboard' (students stand on a gym mat & try to move the whole team across the gym without anyone stepping off the mat)

DEMONSTRATE FAIR PLAY THAT ALIGNS WITH THE RULES OF THE GAME

Play to the whistle, Demonstrate sporting behaviour & encouragement