

LEVELS 7 & 8

assessing movement & physical activity

MOVing the body

USE FEEDBACK TO IMPROVE MOVEMENT SKILLS

Modify performance based on verbal feedback from peers or teacher, Use video footage to evaluate own or others' performance & implement feedback to correct errors

COMPOSE & PERFORM MOVEMENT SEQUENCES

Create & perform a dance routine based on a phone number (where numbers 0–9 have designated dance moves), Develop a movement sequence to defend space in an invasion game

TRANSFER MOVEMENT CONCEPTS & STRATEGIES

Select a known strategy from T-ball & apply it to a game of cricket to score runs or defend a total, Explore similarities in stable body positions in a variety of contexts (e.g. landing in gymnastics, crouching as catcher in baseball, passing in volleyball)

understanding MOVement

DEVELOP FITNESS COMPONENTS

Participate in activities to enhance fitness (e.g. parkrun, boot camp, spin class, hip-hop dance class), Analyse physical activities to determine how fitness components are developed

APPLY THE ELEMENTS OF MOVEMENT

Demonstrate & explain how applied force & angle of release can be manipulated to pass a ball varying distances, Navigate an obstacle course (space, objects) in the shortest amount of time (effort)

PARTICIPATE IN CULTURALLY & HISTORICALLY SIGNIFICANT PHYSICAL ACTIVITIES

Plan & conduct a mini-Olympic Games where each event is a sport from a selected country, Research & play traditional Aboriginal & Torres Strait Islander games to experience aspects of these cultures

learning through MOVement

DEMONSTRATE PERSONAL & SOCIAL SKILLS IN A RANGE OF ROLES

Reflect on the skills needed to be an effective team captain, Demonstrate effective communication strategies to motivate teammates in competitive or challenging situations

SOLVE MOVEMENT CHALLENGES

Justify the approach selected to solve a movement challenge (e.g. teaching the whole class a linedance, completing a team-building activity), Demonstrate & evaluate set plays of successful elite sporting teams

MODIFY GAMES TO INCREASE PARTICIPATION

Modify rules, equipment or scoring systems for a game to increase participation, Demonstrate a range of behaviours that promote fair play