

# LEVELS 9 & 10

*assessing movement & physical activity*

## MOVing the body

### **PERFORM SPECIALISED MOVEMENT SKILLS**

Demonstrate control & accuracy when performing movement skills using unmodified equipment (e.g. in a game of lacrosse), Transfer swimming skills to other aquatic activities (e.g. surfing, water polo, surf lifesaving, synchronised swimming)

### **EVALUATE PERFORMANCE & REFINE MOVEMENT SKILLS**

Provide feedback to peers to improve their performance, Analyse movement skills from a biomechanical perspective (e.g. projectile motion, coefficient of restitution) using ICT

### **DEVELOP STRATEGIES FOR SUCCESSFUL OUTCOMES**

Review movement strategies that had unsuccessful outcomes and propose alternative solutions, Use specific criteria to evaluate performance of a movement strategy

## understanding MOVement

### **DEVELOP, IMPLEMENT & EVALUATE PLANS TO IMPROVE FITNESS**

Participate in activities of different intensities to demonstrate understanding of heart-rate zones, Develop & participate in fitness circuits designed to improve components of fitness

### **ANALYSE THE IMPACT OF THE ELEMENTS OF MOVEMENT**

Participate in a range of gymnastic activities that demonstrate strategies to absorb force, Analyse long jump, high jump & triple jump techniques in relation to take-off, body position & landing

### **EXAMINE THE ROLE OF PHYSICAL ACTIVITY, SPORT & RECREATION**

Participate in & explore the importance of a range of physical activities from the Asia region (e.g. yoga, tai chi), Investigate, through practical involvement, trends in sport (e.g. eSports, augmented reality, sport for fitness such as cardio tennis)

## learning through MOVement

### **WORK IN TEAMS TO FIND SOLUTIONS TO MOVEMENT CHALLENGES**

Analyse the impact of leadership style (e.g. democratic, autocratic, laissez faire) on team dynamics in initiative games, Reflect on individual contributions to a team outcome

### **TRANSFER UNDERSTANDING FROM PREVIOUS MOVEMENT EXPERIENCES**

Demonstrate how a successful movement strategy in soccer can be applied to hockey, Find innovative solutions to movement challenges based on previous experience

### **EXPLAIN THE IMPORTANCE OF FAIR PLAY IN SPORT**

Participate in self-refereed games (e.g. ultimate frisbee), Discuss the difference between 'fair play' & 'within the rules' (e.g. serving underarm in tennis, bowling underarm in cricket)