*FOUNDATION LEVEL – assessing movement & physical activity*

Moving the body

PERFORM FUNDAMENTAL MOVEMENT SKILLS

Run, Jump, Catch, Kick

PARTICIPATE IN GAMES

Tag games, Rob the nest

Understanding movement

DESCRIBE HOW THEIR BODY RESPONDS TO MOVEMENT

PHYSICAL: Feeling hot/red face, Heart racing, Breathing quickly

EMOTIONAL: Energised, Happy, Refreshed, Excited, Tired

SPATIAL: Fast/slow, Up/down, Left/right, Hard/soft

Learning through movement

MOVE & PLAY SAFELY

Follow rules & instructions, Use equipment appropriately

SOLVE MOVEMENT CHALLENGES

Move through water, Skip or hop around obstacles, Create letters & shapes in groups, Clumps game, Tunnel ball

LEVELS 1 & 2 – assessing movement & physical activity

Moving the body

PERFORM FUNDAMENTAL MOVEMENT SKILLS

Leap, Dodge, Ball bounce, Overhand throw, Forehand strike, Two-hand side-arm strike, Punt

PERFORM MOVEMENT SEQUENCES

Dance routine, Gymnastics routine, Movement through water, Obstacle course

CREATE & PARTICIPATE IN GAMES

Invent a game based on a word such as ‘kangaroo’ or ‘snake’ or a piece of music such as classical, country, rock’n’roll or hip hop

Understanding movement

DISCUSS THE BODY’S REACTION TO PHYSICAL ACTIVITY

I feel hot, My heart is racing, I am breathing faster, I am sweating, I need a drink!

INCORPORATE ELEMENTS OF EFFORT, SPACE, TIME, OBJECTS & PEOPLE

Body shapes: wide, narrow, tall, short, big & small, Devise a prop dance/gymnastics routine (a series of movements that incorporates objects such as hoops, beam, skipping ropes)

Learning through movement

INTERACT WITH OTHERS POSITIVELY

Take turns, Share equipment, Follow rules, Is honest in games

SOLVE MOVEMENT CHALLENGES

Work with a partner to keep a balloon off the ground, Reflect & retry different strategies to solve a movement challenge (such as attacking & defending)

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

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

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

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)