

**Activity:** ActewAGL Swing into Life

**Level:** Year 7 & 8

**Strands:** Movement and Physical Activity



Content Descriptions	Elaborations
<b>Moving our body</b>	
<p><b>ACPMP080</b> Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations</p>	<ul style="list-style-type: none"><li>designing and performing movement sequences to travel around, over, under and through natural or built obstacles</li><li>participating in activities where vision is compromised to demonstrate the importance of auditory feedback</li></ul>
<p><b>ACPMP082</b> Practise, apply and transfer movement concepts and strategies with and without equipment</p>	<ul style="list-style-type: none"><li>examining and demonstrating the similarities of strategies used in different physical activities and how they can be transferred to new movement situations</li><li>selecting strategies that have been successful previously and applying the most appropriate ones when solving new movement challenges with and without equipment</li></ul>
<b>Understanding Movement</b>	
<p><b>ACPMP083</b> Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</p>	<ul style="list-style-type: none"><li>performing physical activities that improve health- and skill-related components of fitness and analysing how the components are developed through these activities</li></ul>
<b>Learning through Movement</b>	
<p><b>ACPMP086</b> Practise and apply personal and social skills when undertaking a range of roles in physical activities</p>	<ul style="list-style-type: none"><li>applying an understanding of verbal, physical and situational cues to identify and appropriately respond to the feelings and motives of others when working in a team or group</li><li>adopting roles and responsibilities that support and enhance team cohesion and lead to successful movement outcomes</li><li>reflecting on their role and articulating how the actions they initiated in that role led to the achievement of successful outcomes</li></ul>
<p><b>ACPMP087</b> Evaluate and justify reasons for decisions and choices of action when solving movement challenges</p>	<ul style="list-style-type: none"><li>explaining and justifying the movement concepts and strategies selected in response to movement challenges</li><li>identifying factors that enabled them to achieve success in movement activities and explaining how these factors can be transferred to other learning contexts</li><li>demonstrating to others the approach taken to solve movement challenges</li></ul>

