

Activity: ActewAGL Swing into Life

Level: Year 9 & 10

Strands: Movement and Physical Activity



Content Descriptions	Elaborations
Moving our body	
<p>ACPMP099 Provide and apply feedback to develop and refine specialised movement skills in a range of challenging movement situations</p>	<ul style="list-style-type: none"> • adapting and responding to changes in equipment that increase the complexity of a movement task or performance • transferring skills learnt in one movement situation to a different situation • performing specialised movement skills in situations where the rules or conditions have been modified to vary complexity
<p>ACPMP101 Develop, implement and evaluate movement concepts and strategies for successful outcomes with and without equipment</p>	<ul style="list-style-type: none"> • reviewing, proposing and implementing alternative responses to movement situations based on the outcome of previous performances • using established criteria to apply and evaluate the effectiveness of movement concepts and strategies
Learning through Movement	
<p>ACPMP105 Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams</p>	<ul style="list-style-type: none"> • evaluating the contribution they make as an individual to teamwork, leadership and enjoyable participation for all • using self-talk and encouragement to motivate themselves and team members to continue to participate and improve performance • identifying and critiquing leadership styles and group/team dynamics through collaboratively solving initiative games
<p>ACPMP106 Transfer understanding from previous movement experiences to create solutions to movement challenges</p>	<ul style="list-style-type: none"> • speculating on possible outcomes of innovative solutions to movement challenges based on past experiences • reflecting on successful movement solutions and proposing how they can be transferred to new movement challenges • demonstrating motivation, persistence, confidence and commitment when faced with difficult or unfamiliar movement tasks

