



Activity: ActewAGL Swing into Life

Level: Year 5 & 6

Strands: Movement and Physical Activity

| Content Descriptions | Elaborations |
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| Moving our body | |
| <p>ACPMP061 Practise specialised movement skills and apply them in a variety of movement sequences and situations</p> | <ul style="list-style-type: none"> • jumping with control for height and distance using a variety of body positions • performing activities that involve a transition from one skill to another, such as from dribbling to shooting or from leaping to balancing |
| <p>ACPMP063 Propose and apply movement concepts and strategies with and without equipment</p> | <ul style="list-style-type: none"> • proposing and applying movement concepts and strategies to safely traverse a natural environment |
| Understanding Movement | |
| <p>ACPMP064 Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing</p> | <ul style="list-style-type: none"> • participating in a range of physical activities and exploring their health, skill and fitness benefits |
| Learning through Movement | |
| <p>ACPMP067 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities</p> | <ul style="list-style-type: none"> • understanding the contribution of different roles and responsibilities in physical activities that promote enjoyment, safety and positive outcomes for participants • demonstrating negotiation skills when dealing with conflicts or disagreements in movement situations • using reflective listening when working in small groups on movement tasks or challenges • exploring and performing the duties and responsibilities of different roles for a range of physical activities |
| <p>ACPMP068 Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges</p> | <ul style="list-style-type: none"> • recognising that there may be a number of solutions to movement challenges and justifying which solution is most appropriate or effective • applying movement skills and strategies from other contexts to generate a solution to an unfamiliar movement challenge • devising strategies and formulating plans to assist in successfully performing new movement skills |

