



# O'BRIEN ICEHOUSE

## VICTORIAN CURRICULUM LEVELS 5 & 6

**DOMAIN: HEALTH AND PHYSICAL EDUCATION**

**Strand: Movement and Physical Activity**

At Level 5 and 6 the Victorian Curriculum supports students to:

- refine and further develop a wide range of fundamental movement skills in more complex movement patterns and situations
- further develop their understanding about movement as they learn to monitor how their body responds to different types of physical activity
- also learn to communicate and problem-solve in teams or groups in movement settings.

	Content Description	Activity
Sub-Strand: Moving the Body	Practise specialised movement skills and apply them in different movement situations in indoor, outdoor and aquatic settings ( <a href="#">VCHPEM115</a> )	During ice skating lessons, students will... <ul style="list-style-type: none"><li>• Apply stability and locomotor skills to perform a range of ice skating techniques, including starting, stopping, speeding up, falling over and getting back up, etc.</li><li>• Perform a range of complex static and dynamic balances using whole body strength while ice skating</li></ul>
	Design and perform a variety of movement sequences ( <a href="#">VCHPEM116</a> )	During ice skating lessons, students will... <ul style="list-style-type: none"><li>• Demonstrate a range of movements as taught by the coaches.</li><li>• Use new skills (e.g. starting, stopping, turning, getting up) to navigate the ice rink and other skaters.</li></ul>
	Propose and apply movement concepts and strategies ( <a href="#">VCHPEM117</a> )	During ice skating lessons, students will... <ul style="list-style-type: none"><li>• Propose and apply ice skating movement concepts and strategies at different levels using ice sports equipment</li></ul>

<b>Sub-Strand: Understanding Movement</b>	Participate in physical activities designed to enhance fitness, and discuss the impact of regular participation on health and wellbeing <a href="#">(VCHPEM118)</a>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> <li>• Participate in a fitness activity and examine the benefits of physical activity to social health and mental wellbeing</li> <li>• Examine and describe health-related and skill-related components of ice skating as a community sport and activity</li> </ul>
	Manipulate and modify the elements of effort, space, time, objects and people to perform movement sequences <a href="#">(VCHPEM119)</a>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> <li>• Perform movement sequences that demonstrate variations in speed changes around the rink</li> <li>• Apply the elements of quick and long skating stops at various locations around the rink</li> <li>• Demonstrate skating turns around cones laid out on the ice</li> <li>• Collaborate with other students and coaches to time each other and discuss how to enhance performance</li> </ul>
<b>Sub-Strand: Learning Through Movement</b>	Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities <a href="#">(VCHPEM120)</a>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> <li>• Work with peers to develop and practice ice skating skills</li> <li>• Develop supportive social skills while ice skating</li> <li>• Reflect on their own role in the group and how it led to the school group's individual and overall success</li> </ul>
	Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges <a href="#">(VCHPEM121)</a>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> <li>• Recognise the various solutions to movement challenges (including obstacle courses) and selecting and justifying which solution is the most appropriate and effective</li> <li>• Assessing and refining strategies to persist and successfully perform the new and challenging movement skills associated with ice skating</li> <li>• Devise strategies and formulate plans to assist in successfully performing new movement skills associated with ice skating</li> </ul>

Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities ([VCHPEM122](#))

During ice skating lessons, students will...

- Correctly interpret and apply rules and guidelines provided by the coaches as they undertake ice skating lessons

### Level 5 and 6 Achievement Standard

By the end of Level 6, students can:

- demonstrate skills to work collaboratively and play fairly
- perform specialised movement skills and propose and combine movement concepts and strategies to achieve movement outcomes and solve movement challenges
- apply the elements of movement when composing and creating movement sequences