



# O'BRIEN ICEHOUSE

## VICTORIAN CURRICULUM LEVELS 7 & 8

### DOMAIN: HEALTH AND PHYSICAL EDUCATION

#### Strand: Movement and Physical Activity

At Level 7 and 8 the Victorian Curriculum supports students to:

- Refine a range of specialised knowledge, understanding and skills in relation to their health, safety, wellbeing, and movement competence and confidence.
- Develop specialised movement skills and understanding in a range of physical activity settings.
- They analyse how body control and coordination influence movement composition and performance and learn to transfer movement skills and concepts to a variety of physical activities.
- Reflect on and refine personal and social skills as they participate in a range of physical activities.

Sub-Strand: Moving the Body	Content Description	Activity
	Use feedback to improve body control and coordination when performing specialised movement skills ( <a href="#">VCHPEM133</a> )	During ice skating lessons, students will... <ul style="list-style-type: none"> <li>• Learn and apply body control and coordination skills specific to ice skating movement, as well as transferable skills to other balance and plyometric activities</li> <li>• Use feedback from coaches to reflect and improve individual performance</li> </ul>
Compose and perform movement sequences for specific purposes in a variety of contexts ( <a href="#">VCHPEM134</a> )	During ice skating lessons, students will... <ul style="list-style-type: none"> <li>• Demonstrate a range of movements as taught by the coaches. For example, controlling balance while skating forward and perform a two-foot glide into a turn using the head, shoulders, and hips to help turn Furthermore, skating forward and getting into a two-foot glide and working into a two-foot snow plough stop by pointing toes in and getting on a flat edge and pushing the skates in front</li> <li>• Use new skills (e.g. starting, stopping, turning, getting up) to navigate the ice rink and other skaters</li> </ul>	

	<p>Practise, apply and transfer movement concepts and strategies <a href="#">(VCHPEM135)</a></p>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> <li>• Identify similarities between ice skating and other movement concepts and strategies, for example: ice skating and rollerblading, skiing, dance, etc.</li> <li>• Transfer known skills from other sports to movement concepts of ice skating</li> </ul>
<p><b>Sub-Strand: Understanding Movement</b></p>	<p>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans <a href="#">(VCHPEM136)</a></p>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> <li>• Actively participate in challenging physical activities that improve health- and skill-related components of ice skating</li> <li>• Reflect on how community sport and activities can be incorporated into personal fitness plans</li> </ul>
	<p>Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance <a href="#">(VCHPEM137)</a></p>	<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>
<p><b>Sub-Strand: Learning Through Movement</b></p>	<p>Practise and apply personal and social skills when undertaking a range of roles in physical activities <a href="#">(VCHPEM139)</a></p>	<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>

	Evaluate and justify reasons for decisions and choices of action when solving movement challenges ( <a href="#">VCHPEM140</a> )	During ice skating lessons, students will... <ul style="list-style-type: none"><li>• Identify factors that enabled them to achieve success in ice skating and explain how these factors can be transferred to other physical activity contexts</li><li>• Explain and justify the movement concepts and strategies required for ice skating</li></ul>
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### Level 7 and 8 Achievement Standard

By the end of Level 8, students can:

- Investigate and apply movement concepts and strategies to achieve movement and fitness outcomes.
- Demonstrate control and accuracy when performing specialised movement skills.
- Apply and refine movement concepts and strategies to suit different movement situations.
- Apply the elements of movement to compose and perform movement sequences.