



O'BRIEN ICEHOUSE

VICTORIAN CURRICULUM LEVELS 9 & 10

DOMAIN: HEALTH AND PHYSICAL EDUCATION

Strand: Movement and Physical Activity

At Level 9 and 10 the Victorian Curriculum supports students to:

- experience different roles that contribute to successful participation in physical activity
- apply more specialised movement skills and complex movement strategies and concepts in different movement environments
- explore movement concepts and strategies to evaluate and refine their own and others' movement performances
- refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

	Content Description	Activity
Sub-Strand: Moving the Body	Perform and refine specialised movement skills in challenging movement situations (VCHPEM152)	During ice skating lessons, students will... <ul style="list-style-type: none">• Perform a variety of specialised ice skating skills around obstacles• Demonstrate using set equipment to increase difficulty
	Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations (VCHPEM153)	During ice skating lessons, students will... <ul style="list-style-type: none">• Analyse, learn and demonstrate new skills related to ice skating• Use feedback from coaches to enhance performance in new skills• Provide constructive feedback to peers on improving new skills

	<p>Develop, implement and evaluate movement concepts and strategies for successful outcomes (VCHPEM154)</p>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> • Be evaluated in set exercises explained by coaches, such as an obstacle course using cones • Reflect on their previous attempts and implement ideas to improve performance • Review, propose and implement alternative responses to navigate the obstacle course using a range of ice skating skills and techniques
<p>Sub-Strand: Learning Through Movement</p>	<p>Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (VCHPEM158)</p>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> • Evaluate the contribution they make as an individual to the enjoyable participation of all students in the ice skating class • Identify leadership styles and group dynamics through working collaboratively and supporting others in ice skating lessons
	<p>Transfer understanding from previous movement experiences to create solutions to movement challenges (VCHPEM159)</p>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> • Identify similarities between ice skating and other movement concepts and strategies, for example: ice skating and rollerblading, skiing, dance, etc. • Transfer known skills from other sports to movement concepts of ice skating • Demonstrate motivation, persistence, confidence and commitment when faced with difficult or unfamiliar tasks related to ice skating skills
	<p>Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (VCHPEM160)</p>	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> • Reflect on how equitable participation in group activities can enhance outcomes for all in physical activities such as ice skating

Sub-Strand: Understanding movement	Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (VCHPEM155)	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> Actively participate in challenging physical activities that improve health- and skill-related components of ice skating Reflect on how community sport and activities can be incorporated into personal fitness plans
	Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (VCHPEM156)	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> Demonstrate and describe how the body can absorb force through movement Perform movement sequences that demonstrate variations in speed changes around the rink Apply the elements of quick and long skating stops at various locations around the rink Collaborate with other students and coaches to time each other and discuss how to enhance performance
	Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (VCHPEM157)	<p>During ice skating lessons, students will...</p> <ul style="list-style-type: none"> Explore the role of ice skating as having social and cultural significance Discuss the role sport, particularly ice sports, plays in the lives of Australians and how ice sports have grown and changed in Australia over time

Level 9 and 10 Achievement Standard

By the end of Level 10, students can:

- apply and transfer movement concepts and strategies to new and challenging movement situations
- apply criteria to make judgments about and refine their own and others' specialised movement skills and movement performances
- work collaboratively to design and apply solutions to movement challenges.