

Welcome to the Moving Bodies Ball Sports Program!

This resource pack is for you and your students to utilise throughout the term and can be included in your programming.

Program Outline

The program outline lists the activities that your students will cover during the term.

Programming

In order to provide higher quality instructions to your students, Moving Bodies has aligned all programs to the current PD/H/PE Syllabus. **A copy of this programming will be emailed to your school. Please ensure you obtain a copy for your programming.** Our Ball Sports Program directly assess 4 out of the 11 outcomes along with indirectly covering 3/4 of the other outcomes from the **Movement Skill** and **Performance** content strand of the syllabus. While our program focuses on the Movement Skill domain, we also cover activities from the **Self Management** and **Interpersonal Skill** domains.

Record Sheet

The Instructor will update a record sheet each week with the activities your students attempted. You will be given this at the end of the term for your records. The copy of the record sheet in your programming pack, is for you to give to the students so they can mark off all activities attempted during the term – great for the parents to see what they are covering in their lessons with us. They can use the updated record sheet completed by Moving Bodies as a reference.

Assessing Students

In order to assist you with reports, for all programs that are 8 weeks or more in duration, the Moving Bodies Instructors will assess each child in your class. Students will obtain a **'Working Towards' (E)**, **'Skill Achieved' (C-D)** or **'Working Beyond' (A-B)** grade in each area of the assessment. Each child will receive a certificate outlining their achievements at the conclusion of the program. This will be a beneficial way to follow children's progress in their Physical Education lessons with Moving Bodies.

Assessment Results

These are being recorded on your class list. You will receive a copy of the assessment results at the completion of the term. If your reports are due before the end of the term, feel free to ask the instructors for a copy. Please be aware that the marking may not be complete at this time, however it will assist you with your reports and how your students are performing.

Fun Activity Sheet

A fun revision of the program! These can be used during class time and also for students that can not participate during the lesson.

Involvement and Feedback

The Department of Education requires you to be present, at all times, whilst your class is participating in our lessons. We welcome your assistance during our lessons along with your feedback at any time.

Ball Skills – Stage 3

Movement Skill & Performance



Objective:

Outcomes:

Demonstrate an understanding of movements skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts.

PD3-4 Adapts movement skills in a variety of physical activity contexts.

PD3-5 Proposes, applies and assesses solutions to movement challenges.

Move with confidence, competence and creativity within and across various physical activity contexts.

PD3-11 Selects, manipulates and modifies movement skills and concepts to effectively create and perform movement sequences.

Key Inquiry Questions:

Content:

How can we adapt and perform movement skills in different situations?

Perform and refine movement skills to a variety of situations. Example:

- Vary locomotor movement patterns to cater for variations in movement, e.g. sprinting, distance, running side stepping, dodging and defensive/offensive game skills. **M**
- Adapt movement techniques to cater for the use of different equipment and physical activities or game settings, e.g. accuracy, force, speed, distance, direction and control. **M**
- Use feedback to modify and adapt performance as a result of practise, peer and self-assessment, e.g. video recording to provide feedback on performance. **S M**

Practice specialised movement skills and apply them in a variety of movement sequences and situations. Example:

- Apply locomotor and stability skills to create deception in different movement situations, e.g. dodging, faking a pass, field/court positioning. **M**
- Refine object control skills to perform specialised movement patterns related to a variety of games and sports, e.g. bowl/pitch, shoulder pass, chest pass, bounce pass, forehand, backhand strike, serve, punt, drop kick tag/touch. **M**
- Apply kicking, striking and throwing skills to propel an object for accuracy and/or distance to maintain possession and/or implement strategies in games and sports, physical activities. **M**
- Design a sequence of passes between teammates to maintain possession or move a piece of equipment from one point to another. **M**
- Perform physical activities that involve a transition from one skill to another, e.g. **from dribbling to shooting**, leaping to balancing, **running and passing, running and kicking**. **M**

Manipulate and modify elements of space, time objects, effort and people to perform movement sequences. Example:

- Demonstrate an understanding of how to adjust the force and speed of an object to improve accuracy and control, e.g. throw, catch, dribble, strike, kick, trap/pass. **M**

How can we use strategies and tactics to create solutions to movement challenges?

Apply critical and creative thinking to generate, create and access solutions to movement challenges. Example:

- Apply movement skills and strategies from other contexts to generate a solution to an unfamiliar movement challenge, e.g. games. **S M**
- Demonstrate defensive and offensive play in modified games. **M**

Ball Sports Record Sheet



Stage Three

Name: _____

Moving Bodies Instructors will mark the record sheet and provide a copy to you at the end of the term.

Rolling & Stopping		
<input type="checkbox"/> Technique and accuracy when rolling & stopping a ball <input type="checkbox"/> Chasing and fielding a ball		
Kicking & Trapping		
<input type="checkbox"/> Dribbling with control using left and right feet <input type="checkbox"/> Dribbling with correct technique in competitive situations <input type="checkbox"/> Kicking to beat a goalie <input type="checkbox"/> Combining dribbling and passing at speed <input type="checkbox"/> Passing accuracy and control over some distance		
Throwing & Catching		
<input type="checkbox"/> Underarm and overarm bowling techniques <input type="checkbox"/> Throwing overarm for distance and direction <input type="checkbox"/> Throwing chest, shoulder and overhead passes <input type="checkbox"/> Throwing and catching on the move <input type="checkbox"/> Combining movement, catching, landing and control <input type="checkbox"/> Throwing and catching oval shaped balls <input type="checkbox"/> Throwing and catching in a competitive situations <input type="checkbox"/> Dribbling and ball handling skills <input type="checkbox"/> Catching using mitts <input type="checkbox"/> Shooting – Netball and basketball techniques		
Striking & Hitting		
<input type="checkbox"/> Correct grip, stance and swing with a bat <input type="checkbox"/> Striking a stationary ball with directional control <input type="checkbox"/> Striking an underarm bowl with a cricket bat <input type="checkbox"/> Striking an overarm bowl with a cricket bat <input type="checkbox"/> Strike a rolling ball with control over distance and direction <input type="checkbox"/> Dribbling and passing with a hockey stick <input type="checkbox"/> Striking a moving ball with a racquet		
Dodging & Marking		
<input type="checkbox"/> Sprint method of getting free from a player <input type="checkbox"/> Dodge method of getting free from a player <input type="checkbox"/> Technique for marketing <input type="checkbox"/> Offside rules		
Games		
<input type="checkbox"/> Silent ball <input type="checkbox"/> Poison ball <input type="checkbox"/> Bin ball <input type="checkbox"/> Run the gauntlet <input type="checkbox"/> Ball relays <input type="checkbox"/> No-Mans land <input type="checkbox"/> Ball tag <input type="checkbox"/> Bench ball <input type="checkbox"/> Netball <input type="checkbox"/> Steal the basketball <input type="checkbox"/> Basketball	<input type="checkbox"/> Penalty kicking in small goals <input type="checkbox"/> Kick rebounders <input type="checkbox"/> Soccer <input type="checkbox"/> Piggy in the middle soccer <input type="checkbox"/> Crab soccer <input type="checkbox"/> Rob the nest hockey <input type="checkbox"/> Modified hockey <input type="checkbox"/> Serving target <input type="checkbox"/> Neucombe ball <input type="checkbox"/> Keep up the ball <input type="checkbox"/> Volleyball	<input type="checkbox"/> Base running <input type="checkbox"/> T-ball rounders <input type="checkbox"/> Modified T-ball <input type="checkbox"/> Softball <input type="checkbox"/> Diamond cricket <input type="checkbox"/> Continuous cricket <input type="checkbox"/> French cricket <input type="checkbox"/> Oz tag <input type="checkbox"/> Racquet relays <input type="checkbox"/> Mini tennis <input type="checkbox"/> European handball

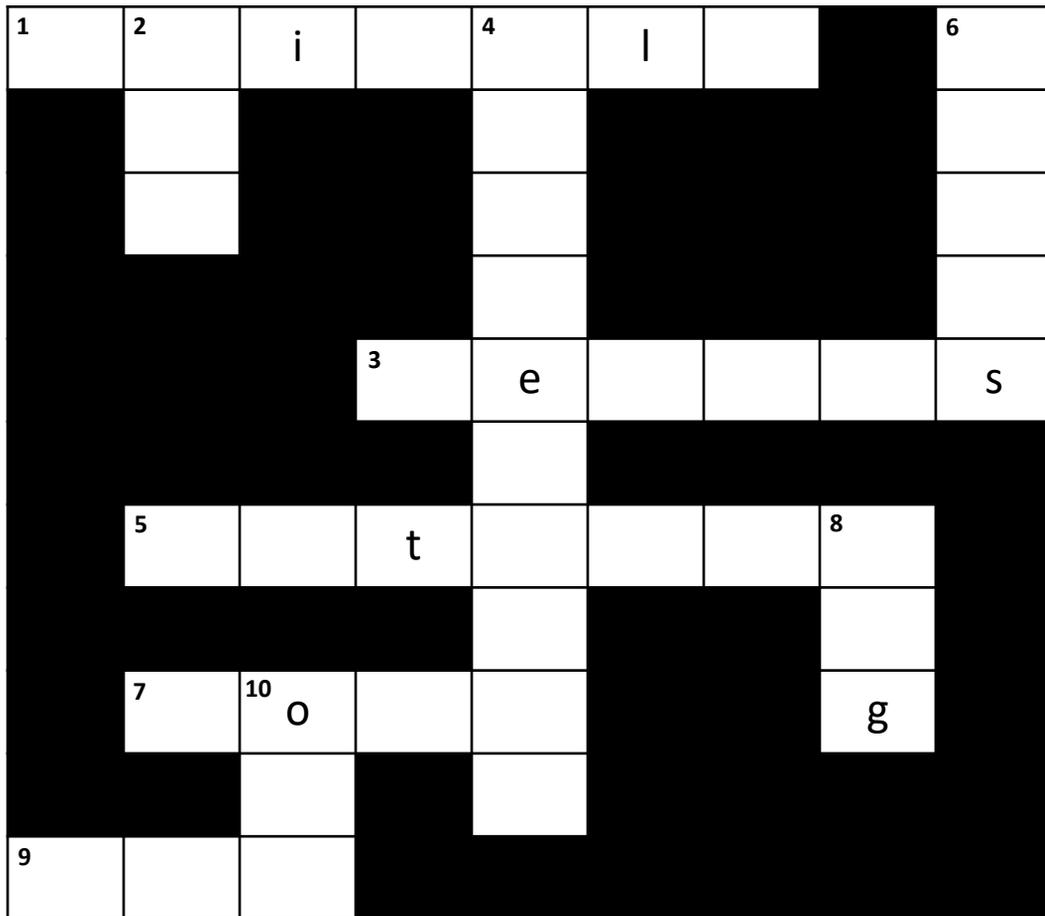


Activity Sheet 1

Stage Three



Complete the Moving Bodies Crossword below:



1. You do this to move with the ball in both basketball and soccer. →
2. When you sprint, you _____ as fast as you can. ↓
3. You hold a racket when you are playing _____. →
4. You dribble the ball with your hands in this sport. ↓
5. “Goal attack” and “wing attack” are both positions in this game. →
6. In all sports there are _____ that you must follow to play the game fairly. ↓
7. To score in soccer, you must kick the ball into the _____. →
8. In cricket “LBW” stands for “_____ before wicket”. ↓
9. You use this to hit the ball in cricket. →
10. In baseball, 3 strikes and you are _____. ↓

Answer Sheet

Stage Three



¹ d	² r	i	b	⁴ b	l	e		⁶ r
	u			a				u
	n			s				l
				k				e
			³ t	e	n	n	i	s
				t				
	⁵ n	e	t	b	a	l	⁸ l	
				a			e	
	⁷ g	¹⁰ o	a	l			g	
		u		l				
⁹ b	a	t						

1. You do this to move with the ball in both basketball and soccer. →
2. When you sprint, you _____ as fast as you can. ↓
3. You hold a racket when you are playing _____. →
4. You dribble the ball with your hands in this sport. ↓
5. “Goal attack” and “wing attack” are both positions in this game. →
6. In all sports there are _____ that you must follow to play the game fairly. ↓
7. To score in soccer, you must kick the ball into the _____. →
8. In cricket “LBW” stands for “_____ before wicket”. ↓
9. You use this to hit the ball in cricket. →
10. In baseball, 3 strikes and you are _____. ↓