

Challenges - 3 & 4



Learning Intentions

Students identify influences that strengthen identities. They investigate how emotional responses vary and understand how to interact positively with others in a variety of situations.

Students apply strategies for working cooperatively and apply rules fairly. They use decision-making and problem-solving skills to select and demonstrate strategies that help them stay safe, healthy and active. They refine fundamental movement skills and apply movement concepts and strategies in a variety of physical activities to solve movement challenges. They create and perform movement sequences using fundamental movement skills and the elements of movement.

Daradgee Specific Elaborations

This experience may require students to:

- explore ways to respond positively and persist in challenges eg. self-talk, optimistic thinking, work together
- debrief how undertaking challenges helps students feel good about themselves, builds confidence and encourages them to try new things
- work with their team to increase physical activity eg. optimise challenge activity time, work in mixed groups, independently initiate challenge activities in free time
- discuss and reflect how students feel in a range of challenges eg. show empathy, support and respect for others
- debrief emotional responses of self and others in challenging situations eg. how to manage emotional responses, plan as a group, bounce back
- participate and reflect on the benefits of solving challenges eg. how individuals and teams work together to solve problems, organisation, how you feel when you have had a go
- participate in physical challenges which require problem-solving to achieve goals eg. Stepping Stones
- ensure optimal participation in all physical challenges by promoting cooperation, modifying rules, team strategies and equipment eg. managing SWD, anxiety, autism, additional spotting wheel chair inclusion, blindfolds
- develop strategies to solve movement challenges eg. Stepping Stones, Mouse Trap Game
- act fairly and reasonably eg. take turns, stick to the rules, be respectful