

Challenges - 5 & 6

Learning Intentions

Students recognise the influence of emotions on behaviours and discuss factors that influence how people interact. They describe their own and others' contributions to health, physical activity, safety and wellbeing and the significance of physical activity participation to health and wellbeing. They examine how physical activity, celebrating diversity and connecting to the environment support community wellbeing and cultural understanding.

Students demonstrate fair play and skills to work collaboratively. They apply decision-making and problem-solving skills to enhance their own and others' health, safety and wellbeing. They perform specialised movement skills and sequences and propose and combine movement concepts and strategies to achieve movement outcomes and solve movement challenges.

Daradgee Specific Elaborations

This experience may require students to:

- use the challenge experience to increase levels of individual and group participation and improve health, safety and wellbeing eg. the use of basic equipment/props may motivate students and increase participation and enjoyment
- develop and explore appropriate strategies to build and manage relationships during team challenges eg. how to interpret and solve problems, determine roles, make decisions
- Debrief how emotional responses can differ and affect individuals and their partners during challenges eg. managing anxiety, stress, fear, aggression, being positive and supportive, encouraging others
- explore how challenges improve health and wellbeing eg. how new and different physical challenges can improve individuals ability to become more active and gain personal satisfaction
- encourage students to apply specific strategies and techniques when participating in challenges eg. reaching, stretching, balancing, lifting, supporting others
- participate in challenges to improve health and wellbeing eg. promote understanding of the link between physical activity and mental health, student resilience, coping skills
- explore and perform roles and responsibilities required to solve challenges which promote enjoyment, safety and positive outcomes for students eg. teamwork, organisation, cooperation, communication
- devise strategies and formulate plans to solve problems eg. discuss, negotiate, trial and review ideas
- explore the challenges of different roles and how they may affect problem solving strategies