

SB-10 Movement Competency

6 Types of Physical Activity

• Invasion / Territory Games

- Text: p.336-369
- Workbook Ex. 8.1 p.109 (only)

• Net / Wall Games

- Text: p.370-387
- Workbook Ex. 8.2 p.111(only)

• Striking / Fielding Games

- Text: p.388-397
- Workbook Ex. 8.3 p.113 (only)

• Target Games

- Text: p.398-407
- Workbook Ex. 8.4 p.115 (only)

• Body Management Activity

- Text: p.408-437

• Outdoor Activity

- Text: p.438-447

Strategies and Tactics on Offence / Strategies and Tactics on Defence with sport specific strategies for each (refer to ex. 8.1 - 8.4 in workbook)

Basic Skills & Examples (refer to movement competency worksheet)

Shared Skill Set - for each of the 6 physical activities identify 3 similar skills sets with each activity. 2 being physical skill sets and 1 being an emotional skill set. (refer to movement competency worksheet)

Individual Analysis of a Specific Skill Set

Refer to Biomechanical Analysis in Summative

7 Biomechanical Principles to help with Individual Analysis

Refer to Biomechanical Analysis in Summative