

SEQUENCE OF LEARNING IN THE HEALTH AND PHYSICAL EDUCATION STANDARDS

DIMENSION	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Movement and Physical Activity	<ul style="list-style-type: none"> perform basic motor skills and movement patterns, with or without equipment, in a range of environments regularly engage in periods of moderate to vigorous physical activity use simple vocabulary to describe movement, physical responses of the body to activity and feelings about participation in physical activity follow rules and procedures share equipment and space safely 	<ul style="list-style-type: none"> demonstrate basic motor skills and some more complex skills combine motor skills and movement patterns during individual and group activities demonstrate control when participating in locomotor activities requiring change of speed, direction and level create and perform rhythmic movement sequences in response to stimuli regularly engage in bouts of moderate to vigorous physical activity describe the link between physical activity and health explain the contribution rules and procedures make to the safe conduct of games and activities use equipment and space safely 	<ul style="list-style-type: none"> perform a broad range of complex motor skills demonstrate a wide variety of motor skills and apply them to basic sport specific situations create and perform coordinated movement sequences that contain a variety of motor skills and movement patterns participate regularly in physical activities for the purpose of improving skill and health identify and describe the components of health related fitness follow safety principles in games and activities explain the concept of fair play and respect the roles of officials begin to use basic games tactics work with others to achieve goals in cooperative and competitive sporting and games situations 	<ul style="list-style-type: none"> perform confidently and efficiently in a range of movement environments (indoor, outdoor, aquatic) refine basic and complex motor skills evaluate the performance of a partner and provide constructive feedback based on performance criteria to assist skill development apply skills in increasingly complex games and activities work independently to improve performance maintain regular participation in moderate to vigorous physical activity and monitor exercise intensity explain the process for improving health related fitness. work in a group to create a game, and establish rules and procedures for safe conduct describe and analyse the different roles required in competitive sports effectively use strategic thinking and work with more and less-skilled peers to improve game performance 	<ul style="list-style-type: none"> proficiently perform complex movement and manipulative skills maintain regular participation in moderate to vigorous physical activity and analyse and evaluate their level of involvement measure their own fitness and physical activity levels identify factors that influence motivation to be physically active demonstrate the ability to combine motor skills, strategic thinking and tactical knowledge to improve individual and team performance 	<ul style="list-style-type: none"> demonstrate proficiency in the execution of manipulative and movement skills during complex activities demonstrate advanced skills in selected physical activities participate in sports, games, recreational, leisure and outdoor adventure activities that maintain regular participation in moderate to vigorous physical activity use training methods to improve fitness levels assume responsibility for conduct of aspects of a sporting competition in which roles are shared and display appropriate sporting behaviour