

---

**Unit Title:** AFL**Band Level:** Years 5-6**Strands:**

Movement and Physical Activity

**Description:**

A six week unit in which Year 5-6 students will have an opportunity to experience a variety of AFL skills and develop their game sense through various modified and minor team based games.

**Content Descriptions****Moving our body**

- Practise specialised movement skills and apply them in different movement situations (ACPMP061)
- Propose and apply movement concepts and strategies. (ACPMP063)

**Understanding Movement**

- Manipulate and modify elements of effort, space, time, objects and people when performing movement sequences. (ACPMP064)

**Learning through movement**

- Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities. (ACPMP067)
- Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities. (ACPMP069)

**Elaborations**

- Applying stability and locomotor skills to dodge and feint in different movement situations.
  - Applying kicking, striking and throwing skills to propel an object and keep it in motion.
  - Demonstrating offensive and defensive play in modified games
  - Demonstrating an understanding of how to adjust the force and speed of an object to improve accuracy and control.
  - Developing strategies that exploit the playing space to create overlaps and extra attackers.
  - Understanding the contribution of different roles and responsibilities in physical activities that promote enjoyment, safety and positive outcomes for participants.
  - Exploring and performing the duties and responsibilities of different roles for a range of physical activities.
-