



WHERE DOES AUSTRALIAN FOOTBALL FIT INTO THE BRITISH COLUMBIA PHYS ED & HEALTH CURRICULUM?

Use the guide below to include Australian Football in your classes phys ed and health curriculum, to diversify your sessions.

- Grades K-2: Page 1
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GRADES K-2:

COMPETENCY - Physical Literacy

Specific Learning Outcomes:

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

- *Australian football allows students to use an array of fundamental motor skills such as various forms and intensities of locomotion, catching, and punting. Australian football will be a new sport for most Canadian youths so it will instantly promote a varied environment.*

Describe the body's reaction to participating in physical activity in a variety of environments

- *Students bodies will react differently to the wide and varied intensities of Australian football including gameplay, practice and small sided games. This will provide them with a wide and varied resource of reactions to discuss*

Develop and demonstrate safety, fair play, and leadership in physical activities.

- *Safety, teamwork, sportsmanship and leadership are all integral values in Australian football. These are demonstrated in the playing and practicing of the sport, as well as in the various skills drills and small sided games.*

Identify and explain factors that contribute to positive experiences in different physical activities.

- *The major priority of youth programming for Australian Football is enjoyment and positive experiences. The students will be able to identify what makes them enjoy footy, discuss this and apply it to other sporting experiences.*

COMPETENCY - Healthy & Active Living

Specific Learning Outcomes:

Participate daily in physical activity at moderate to vigorous intensity levels

- *Australian football can be modified to suit any intensity level and has the ability to be adapted through its many forms to suit any playing area, skill level, equipment level or time period.*

Identify opportunities to be physically active at school, at home, and in the community

- *Australian football can be a great case study for these types of activities. After participating in the sport in class, students can identify where to input the sport in home and school life*

COMPETENCY - Social & Community Health

Specific Learning Outcomes:

Develop and demonstrate respectful behaviour when participating in activities with others.

- *One of Australian Football's fundamental values is teamwork. Students will get to experience problem solving, tactic and strategy all whilst working in small and large teams.*

Explore and describe components of healthy living

- *Keeping active is a major component of maintaining a healthy lifestyle. Playing and training for Australian football can be incorporated into that physical activity mandate.*
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GRADES 3-5:

COMPETENCY - Physical Literacy

Specific Learning Outcomes:

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

- *Australian football allows students to use an array of fundamental motor skills such as various forms and intensities of locomotion, catching, and punting. Australian football will be a new sport for most Canadian youths so it will instantly promote a varied environment*

Develop and apply a variety of movement concepts and strategies in different physical activities.

- *Australian football will be a relatively new sport for a lot of young Canadians. Introducing it into your curriculum will immediately diversify the types of sports they are exposed to. Australian football also offers many opportunities for students to develop and apply many and varied fundamental movement skills, such as running, jumping, punting, receiving, sending and various forms of locomotion.*

Develop and demonstrate safety, fair play, and leadership in physical activities

- *Safety, teamwork, sportsmanship and leadership are all integral values in Australian football. These are demonstrated in the playing and practicing of the sport, as well as in the various skills drills and small sided games.*

Identify and explain factors that contribute to positive experiences in different physical activities

- *The major priority of youth programming for Australian Football is enjoyment and positive experiences. The students will be able to identify what makes them enjoy footy, discuss this and apply it to other sporting experiences.*

Identify and describe preferred types of physical activity

- *Youth programming in Australian football is all about inclusiveness, fun and trying new things. These are major reason kids want to get involved in sport and playing footy will give them first hand experience in being able to describe this enjoyment in participation.*

COMPETENCY - Healthy & Active Living

Specific Learning Outcomes:

Participate daily in physical activity at moderate to vigorous intensity levels

- *Australian football can be modified to suit any intensity level and has the ability to be adapted through it's many forms to suit any playing area, skill level, equipment level or time period*

Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community



- *Australian football can be a great case study for these types of activities. After participating in the sport in class, students can identify where to input the sport in home and school life*

COMPETENCY - Social & Community Health

Specific Learning Outcomes

Explain how participation in outdoor activities supports connections with the community and environment

- *Australian football in it's primal form is played outdoors. Students will be able to experience that first hand and options for programming such as Auskick, kinderkick, footy fit allow connection with their local community.*

Describe and apply strategies for developing and maintaining positive relationships

- *One of Australian Football's fundamental values is teamwork. Students will get to experience problem solving, tactic and strategy all whilst working in small and large teams.*
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GRADES 6-8:

COMPETENCY - Physical Literacy

Specific Learning Outcomes:

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

- *Australian football allows students to develop, practice and use an array of fundamental motor skills such as various forms and intensities of locomotion, catching, and punting. Australian football will be a new sport for most Canadian youths so it will instantly promote a varied environment*

Develop and apply a variety of movement concepts and strategies in different physical activities.

- *Australian football will be a relatively new sport for a lot of young Canadians. Introducing it into your curriculum will immediately diversify the types of sports they are exposed to. Australian football also offers many opportunities for students to develop and apply many and varied fundamental movement skills, such as running, jumping, punting, receiving, sending and various forms of locomotion.*

Develop and demonstrate safety, fair play, and leadership in physical activities

Identify and describe preferred types of physical activity

- *Safety, teamwork, sportsmanship and leadership are all integral values in Australian football. These are demonstrated in the playing and practicing of the sport, as well as in the various skills drills and small sided games.*

Identify and describe preferred types of physical activity

- *Youth programming in Australian football is all about inclusiveness, fun and trying new things. These are major reason kids want to get involved in sport and playing footy will give them first hand experience in being able to describe this enjoyment in participation.*

COMPETENCY - Healthy & Active Living

Specific Learning Outcomes:

Participate daily in physical activity designed to enhance and maintain health components of fitness

- *Students will see benefits in their overall health and fitness from maintaining a varied physical activity plan. Australian football will be included in this to genuinely diversify the offerings.*

Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness



- *One of Australian Football's fundamental values is teamwork. Students will get to experience problem solving, tactic and strategy all whilst working in small and large teams.*

COMPETENCY - Social & Community Health

Specific Learning Outcomes:

Describe and apply strategies for developing and maintaining healthy relationships

- One of Australian Football's fundamental values is teamwork. Students will get to experience problem solving, tactic and strategy all whilst working in small and large teams.

Explore strategies for promoting the health and well-being of the school and community

- Australian Football has been used successfully in a number of Canadian schools to build out programming and allow inter school competition. Footy is often new to the school, so with low cost, low need for equipment and a level playing field of abilities it is generally a popular strategy for school wide health and fitness programs.
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