



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

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

GENERAL OUTCOME = MOVEMENT

Knowledge Requirements

Strand A: Basic Movement

1. Basic Movement Skills:
 - *Australian football contains a vast array of basic movements such as running, jumping, leaping, landing, sending & receiving. Participation will allow students to add different basic movements to their vocabulary, develop their recognition of these skills and movement patterns and recognise and coach these basic skills in others.*

Strand B: Movement Development

1. Skill Development Process:
 - *Australian football consists of unique skills when compared to traditional north american sorts. Analysis of these skills gives students a unique level playing field when discussing skill acquisitions methods, factors and patterns.*
2. Mechanical Principles of Human Movement:
 - *Balance, force, motion and various other biomechanical factors are key to being successful in Australian Football. Analysis of games, participation in games, practice and small sided games will allow students to identify and explain different factors.*
3. Movement Concepts:
 - *Through participation in Australian Football students are able to develop their knowledge of the concepts of both spatial awareness and body awareness through game play, skill development and skill challenges. Students will be able to identify different skills, skill sequences, body parts required for different movement concepts.*

Strand C - Activity Specific Movements

1. Rules:
 - *Australian football consists of a unique set of rules when compared to traditional North American sports. Participation and study of the sport will allow students to familiarise themselves with different rules and even compare them to the sports they may already know*
2. Terminology:
 - *Australian football opens up students' knowledge and vocabulary to a whole range of different terminology from another sport as well as another country. This will allow them to diversify their knowledge and recognition of different sporting terminology.*
3. Game Strategies:
 - *Tactical discussion around strategy and gameplay are always encouraged when participating in Australian Football or even small sided games. Australian Football is classified as an invasion game so students are able to identify, discuss and compare strategies related to the sport and other invasion games.*
4. Teamwork & Fairplay:
 - *Sportsmanship, mateship, teamwork and fairplay are core pillars of Australian Football and included in any curriculum, team or practice session. Students will be able to identify and explain these terms through participation in Australian Football.*

Skills Requirements

A: Acquisition of Movement skills

1. Transport
 - *Running, jumping, walking and leaping are all involved in playing Australian Football and related small sided games. Galloping, hopping, leaping, and grapevine are all used in practice. As children progress through and gain more experience in Australian Football they can refine these skills and become more sequential with them.*
2. Manipulation
 - *Throwing, catching, striking, kicking, punting and bouncing are all integral movement skills to Australian Football. Through participation, students will be able to practice and develop all of these skills and with progression and more experience in the sport will be able to start performing them sequentially.*
3. Balance
 - *Both static and dynamic balance is important to proficiently performing skills in Australian Football. Through various movement concepts students will be able to perform, identify and refine different balance skills and poses.*



B: Application of Movement skills to sports/games

1. Individual/dual activities
 - *Generally Australian Football warm ups, skill drills, small sided games contain opportunities for students to practice and develop movement skills related to football in individually. Opportunities to do this to and in reference with a partner are prevalent and include sending and receiving the ball to one another as well as playing small sided games.*
2. Group/team activities:
 - *Small sided games, modified games, traditional games and practice settings will always provide opportunities for students to practice and develop movement skills related to Australian Football.*
3. Officiating skills:
 - *A traditional Australian Football curriculum will provide opportunities for students, at an appropriate level, to set up, manage and officiate their own games. This has a great impact on their development of officiating skills but also knowledge of the rules.*

C: Application of Movement Skills to Alternative Pursuits

1. Alternative Pursuits:
 - *Including Australian football in the curriculum promotes diversifying the pursuits that children are involved in and will encourage them to use basic and refined movement skills in all sorts of settings.*



GENERAL OUTCOME = FITNESS MANAGEMENT

Knowledge Requirements

A: Fitness Components

1. Fitness Components
 - *Australian Football is an extremely dynamic game and participants/athletes within the game train and use a wide variety of components of fitness - including various components of cardiovascular, muscular respiratory fitness, flexibility, agility, speed, coordination, balance, reaction time, etc. Through participation and progressions students will be able to identify and explain these concepts as well as identifying how to train the components for use in Australian Football and other sports.*

B: Fitness Benefits

1. Fitness Benefits
 - *Through regular participation in Australian football sessions and games, students will be able to identify fitness benefits in their own bodies first and foremost, as well as identifying how the various components of fitness lead to increases and improvements in general fitness.*

C: Fitness Development

2. Training Principles
 - *Australian Football provides a unique opportunity to discuss training principles in a sport that not many students will be familiar with. Through study of the game they will be able to identify the different training principles (including F.I.T.T) to effectively train for Australian Football and other sports.*
3. Warm Up/Cool Down
 - *As with many sports, effective warm ups/cool downs are imperative in a successful Australian football program - through participation and study of Australian football students will be able to recognise and explain the importance of both, as well as the factors that need to be involved in both, ie stretching, light aerobic work, etc.*
4. Motivational Factors
 - *The primary goal of a junior Australian Football program is fun. Students will identify this as a reason for joining in. As they develop in the sport and progress through the years they can identify other factors, describe how to effect behaviours toward those and include health related goals as motivation.*



Skill Requirements

A: Acquisition/Application of Fitness Management Skills to Physical Activity and Healthy Lifestyle Practices.

1. Active Participation

- *Australian football is a foreign sport to most students in Canada. Participation will automatically diversify the sports they are participating in as well as the skills and knowledge they are developing. Within the sport there are different opportunities to participate in aerobic & non-aerobic positioning.*

2. Heart Rate Monitoring

- *Heart rate monitors are useful instruments and concepts at every level of Australian Football. The varied positions and ways of learning the game provide opportunities for interesting data sets for the students' experience and discussion.*

3. Fitness Assessment

- *Due to Australian Football being such a dynamic sport, involving many components of fitness, there are multiple opportunities for students to plan out training programs and assess their own, as well as peers fitness levels in multiple components of fitness.*



GENERAL OUTCOME = SAFETY

Knowledge Requirements

A: Physical Activity Risk Management

1. Physical Activity Safety

- *All Australian Football curriculums are supported by safety measures to mitigate any risk. Through participation students will be able to identify safety measures, safe movements, and why these are included in the learning of Australian Football and other sports.*

2. Exercise Safety

- *The various skills fitness components and movement concepts associated with Australian Football allow diverse discussion points for students when talking exercise safety. Great examples of safe body alignment, safe exercise conditions, safe practices and rules are all taken into account when designing Aus football curriculum.*

3. Dress/Footwear

- *Some of the safety equipment used in Australian football (i.e. cleats), mouthguards and optional helmets are not necessarily unique to Australian football, so comparisons can be made to various other sports. Through participation and study students will be able to identify how and why these are used.*

4. Equipment & Facilities

- *Australian Football and related equipment/facilities are generally unique to many Canadian students. Participation in and study of Australian football will provide unique discussion points for these students in regards to safety of equipment and facilities required.*

Skill Requirements

A: Acquisition/Application of Safety Practices to Physical Activity and Healthy Lifestyle Practices.

1. Physical Activity

- *Including Australian Football in the curriculum will provide opportunities for students to implement the safety provisions learned above within their practice.*



GENERAL OUTCOME = PERSONAL & SOCIAL MANAGEMENT

Knowledge Requirements

A: Personal Development

2. Goal Setting

- *Students can develop and practice their goal setting process and structure through participation in Australian Football. Skill development, participation, etc can all be measured, tracked and improved.*

B: Social Development

1. Social Responsibility

- *Team work, sportsmanship, communication and respect are all huge factors in any Australian Football program. Through participation, students will be able to identify important factors of social responsibility including communication skills, getting along with others and respecting others.*

2. Relationships

- *Australian football is a team game and requires positive relationships to be successful. Students have the opportunity to develop and identify communication skills, healthy relationship building and leadership.*

3. Conflict Resolution Process

- *Australian football is a team game and conflict arises in all team sports. Students will have the opportunity to study ways to solve conflict in a team setting and actively participate in conflict resolution process*

Skill Requirements

A. Acquisition of Personal and Social Management Skills related to Physical Activity and Healthy Lifestyle Practices

1. Goal Setting/Planning

- *Australian football is a foreign sport to most Canadians. This provides an opportunity for students to set goals in relation to participation and skill acquisition starting from a level base. Students can put their knowledge of goal setting into action through Australian football.*

3. Interpersonal Skills

- *Communication is a key pillar of Australian Football, through participation in the sport students will have opportunities to identify, practice and develop their communication and other interpersonal skills.*



4. Conflict Resolution Skills

- *Australian football is a team game and conflict arises in all team sports. Students will have the opportunity to study ways to solve conflict in a team setting and actively participate in the conflict resolution process.*



GENERAL OUTCOME = HEALTHY LIFESTYLE PRACTICES

Knowledge Requirements

B: Active Living

1. Benefits of Physical Activity

- *Through regular participation in Australian football sessions and games, students will be able to identify benefits of being physically active in their own bodies first and foremost, as well as identifying how the various components of fitness included in Australian Football lead to increases and improvements in general fitness.*

C: Nutrition

2. Food & Fluid for Active Bodies

- *Professional Australian Football players as a case study provide diverse and varied examples of how diverse the food and fluid needs can be for physical activity. The positions played in Australian Football require different components of fitness, therefore different dietary plans.*

