

THOMAS REDDALL HIGH SCHOOL PDHPE UNIT PLAN

Unit Title: <i>Go-Go Golf</i>	Unit Length: 3 x 50 minute practical lessons	Year: 10 – Term 2				
Syllabus Outcomes		Skills that enhance learning in PDHPE				
<p>5.4 adapts, transfers and improvises movement skills and concepts to improve performance</p> <p>5.5 composes, performs and appraises movement in a variety of challenging contexts</p>	<p>5.11 adapts and evaluates communication skills and strategies to justify opinions, ideas and feelings in increasingly complex situations (<i>Communicating</i>)</p> <p>5.13 adopts roles and responsibilities that enhance group cohesion and the achievement of personal and group objectives (<i>Interacting</i>)</p> <p>5.14 confidently uses movement to satisfy personal needs and interests (<i>Moving</i>)</p>					
Evidence of Learning (What students will know, understand, be able to do)						
<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate movement skills in increasingly complex and challenging activities from striking/target games • Adapt, transfer and improvise movement in increasingly demanding contexts • Participate in a range of increasingly complex and challenging movement activities to further develop their ability to use features of movement composition • Use movement to effectively communicate and interact in group/team contexts 						
Physical Literacy Continuum Focus : Movement Competencies (MC) Cluster 5 & 6 Markers (End of Year 8 through to End of 10)						
<p>MOVEMENT COMPETENCIES Involves developing proficiency in object control, stability and locomotor skills to sequence movement in a wide variety of physical activity settings.</p> <p>MC</p>	<p style="background-color: #008080; color: white; padding: 5px;">Stability skills (A)</p> <p style="background-color: #80CBC4; color: white; padding: 5px;">Object control skills (B)</p> <p style="background-color: #00BCD4; color: white; padding: 5px;">Locomotor skills (C)</p> <p style="background-color: #4682B4; color: white; padding: 5px;">Combinations (D)</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; background-color: #A9A9A9;">End of Year 8 Cluster 5</td> <td style="width: 50%; text-align: center; background-color: #A9A9A9;">End of Year 10 Cluster 6</td> </tr> <tr> <td style="vertical-align: top; padding: 10px;"> <p>MC 5.1 Refines stability, locomotor and object control skills in dynamic physical activity contexts to improve the efficiency (process) and effectiveness of movement (outcome)</p> <p>MC 5.2 Selects from a range of movement skills and applies the most appropriate skill in dynamic physical activity contexts</p> <p>MC 5.3 Transfers similar movement skills and sequences appropriately across physical activity contexts</p> </td> <td style="vertical-align: top; padding: 10px;"> <p>MC 6.1 Applies and refines movement skills in a range of increasingly complex dynamic physical activity contexts, e.g. at different speeds or within reduced play space</p> <p>MC 6.2 Adapts and improvises movement skills, and combinations of skills, to perform innovative movement across a range of physical activity contexts</p> </td> </tr> </table>	End of Year 8 Cluster 5	End of Year 10 Cluster 6	<p>MC 5.1 Refines stability, locomotor and object control skills in dynamic physical activity contexts to improve the efficiency (process) and effectiveness of movement (outcome)</p> <p>MC 5.2 Selects from a range of movement skills and applies the most appropriate skill in dynamic physical activity contexts</p> <p>MC 5.3 Transfers similar movement skills and sequences appropriately across physical activity contexts</p>	<p>MC 6.1 Applies and refines movement skills in a range of increasingly complex dynamic physical activity contexts, e.g. at different speeds or within reduced play space</p> <p>MC 6.2 Adapts and improvises movement skills, and combinations of skills, to perform innovative movement across a range of physical activity contexts</p>
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Cross-curriculum content	Resources
	<ul style="list-style-type: none"> BOS NSW (2003). <i>Personal Development, Health & Physical Education – Years 7-10 Syllabus</i>. Sydney: Author. http://www.streetdirectory.com/travel_guide/43914/golf_guide/the_best_junior_golf_drills.html http://www.monkeysee.com/play/4645-golf-basics-the-grip http://www.golfgriptips.co.uk/golf-grip-instruction.html http://www.golftoday.co.uk/proshop/features/consistent_ball_position.html http://www.instructacard.co.uk/pid-83-golf-swing.html http://www.monkeysee.com/play/4648-golf-basics-swing-follow-through http://www.instructacard.co.uk/pid-77-golf-shot-putting.html

Learn About's	Learn To's	Teaching & Learning Strategies	Registration				
			10.1	10.2	10.3	10.4	10.5
<ul style="list-style-type: none"> Aspects of movement skill development - body control and awareness - object manipulation and control - anticipation and timing - technique 	<ul style="list-style-type: none"> demonstrate movement skills in increasingly complex and challenging activities from a selection of the following contexts: - games 	<ul style="list-style-type: none"> Longest drive challenge (L1) MC5.2, MC6.1 					
		<ul style="list-style-type: none"> Chipping target game (L2) MC5.1, M6.1 					
		<ul style="list-style-type: none"> O-U-T putting game (L3) MC5.1, MC5.3, MC6.1, MC6.2 					
	<ul style="list-style-type: none"> adapt, transfer and improvise movement in increasingly demanding contexts, eg varying space, rules, equipment and apparatus, time restrictions and rhythm 	<ul style="list-style-type: none"> Chipping target game (L2) MC5.1, M6.1 					
<ul style="list-style-type: none"> 1,3,5 Putt (L3) MC5.1, MC5.3, MC6.1, MC6.2 							
<ul style="list-style-type: none"> Influences on skill development and performance - transfer of skills and concepts - learning environments - feedback - importance of practice - safety - the role of rules and regulations in safe participation 	<ul style="list-style-type: none"> design and participate in modified activities to improve performance and promote safe participation in increasingly complex and challenging situations 	<ul style="list-style-type: none"> Irons golf swing technique practice (L1) MC5.2, MC6.1 					
		<ul style="list-style-type: none"> Chipping target game (L2) MC5.1, M6.1 					
		<ul style="list-style-type: none"> O-U-T putting game (L3) MC5.1, MC5.3, MC6.1, MC6.2 					
		<ul style="list-style-type: none"> 1,3,5 Putt (L3) MC5.1, MC5.3, MC6.1, MC6.2 					
		<ul style="list-style-type: none"> Automatic ball return (putting) (L3) MC5.1, MC5.3, MC6.1, MC6.2 					

Learn About's	Learn To's	Teaching & Learning Strategies	Registration				
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<ul style="list-style-type: none"> • Applying mechanical principles to enhance performance - absorbing and applying force - balance and stability - momentum 	<ul style="list-style-type: none"> • experiment with the application of simple mechanical principles to enhance performance and ensure safety, eg modify body position and technique 	<ul style="list-style-type: none"> • Irons golf swing technique practice (L1) MC5.2, MC6.1 					
		<ul style="list-style-type: none"> • Chipping practice (L2) MC5.1, MC5.2, MC6.2 					
		<ul style="list-style-type: none"> • 1,3,5 Putt (L3) MC5.1, MC5.3, MC6.1, MC6.2 					
		<ul style="list-style-type: none"> • Automatic ball return (putting) (L3) MC5.1, MC5.3, MC6.1, MC6.2 					
<ul style="list-style-type: none"> • Features of movement composition - purpose - responding to stimuli - improvising - planning - sequencing - performing 	<ul style="list-style-type: none"> • participate in a range of increasingly complex and challenging movement activities to further develop their ability to use the features of movement composition 	<ul style="list-style-type: none"> • Irons golf swing technique practice (L1) MC5.2, MC6.1 					
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	<ul style="list-style-type: none"> • use movement to effectively communicate and interact in group/team contexts 	<ul style="list-style-type: none"> • Longest drive challenge (L1) MC5.2, MC6.1 					
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<ul style="list-style-type: none"> • Appreciating movement composition and performance - aesthetic appreciation - qualities of performance - analytical techniques 	<ul style="list-style-type: none"> • use performance feedback to improve quality of movement in a variety of contexts 	<ul style="list-style-type: none"> • Chipping target game (L2) MC5.1, M6.1 					
		<ul style="list-style-type: none"> • Automatic ball return (putting) (L3) MC5.1, MC5.3, MC6.1, MC6.2 					