

# YEAR 9 SPORT EXERCISE AND NUTRITION

In this subject, students will compare and contrast a range of actions that could be undertaken to enhance their own and others' health, safety and wellbeing. They will also have the opportunity to apply and transfer movement concepts and strategies to new and challenging movement situations. This will all take place through a lens of sports, lifelong physical activity and how our food intake pre, during and post exercise, may assist in promoting performance. We hope this subject appeals to students who are engaged in learning more about how to maximise their own personal health and wellbeing, and want to apply this knowledge in a practical setting.

## **Moving our Body**

Students will learn to:

- Perform and refine specialised movement skills in order to apply them in challenging situations.
- Develop, implement and evaluate movement concepts and strategies for successful outcomes.
- Evaluate own and others' movement compositions, as well as provide and apply feedback in order to enhance performance situations.

## **Learning through Movement**

Students will learn to:

- Transfer understanding from previous movement experiences to create solutions to movement challenges.
- Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities.
- Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams.
- Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities.