

# YEAR 9 COACHING AND ATHLETIC PERFORMANCE

In this subject, students will have the opportunity to grow as young leaders in the sport/exercise space. Students will explore how to give and receive effective feedback to their peers to ultimately guide growth and enhance their performance. This will require cooperation, respect and fair play across a range of health and movement contexts. The students will also utilise their knowledge of movement strategies and apply this to new and challenging movement situations. We hope this subject appeals to active, aspirational young leaders, who can develop their own skill set through critical thinking whilst wanting to develop their peers through constructive feedback.

## **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.