<table>
<thead>
<tr>
<th>NAME</th>
<th>Unit 5 Direct Interceptive (To, AFL)</th>
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<tbody>
<tr>
<td>9 HPE Sem. 1 &amp; 2 2014</td>
<td>Investigating</td>
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**WAYS OF WORKING**

**Planning**
- refine movement skills and apply movement concepts, and the principles of training

**Implementing and Applying**
- create and perform movement sequences by manipulating and combining movement skills and applying movement concepts
- identify risks and devise and apply safe practices

**Reflecting**
- reflect on learning, apply new understandings and justify future applications

**KNOWLEDGE AND UNDERSTANDING**

**Physical Activity**
- Developing and refining specialised movement skills through applying movement concepts supports improved physical performance and participation in physical activities
- Developing teamwork, tactical knowledge and strategic thinking supports and enhances physical performance and participation in physical activities

**Personal Development**
- Effective communication skills, including reflective listening, considering alternative views, respecting cultural protocols and expressing ideas in a way that is sensitive to others, help people establish and maintain relationships
- Conflict resolution strategies, including negotiation, are used to manage intrapersonal and interpersonal situations

**Technique**

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<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
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<tbody>
<tr>
<td>Skilful</td>
<td>Proficient</td>
<td>Competent</td>
<td>Variable</td>
<td>Minimal</td>
</tr>
</tbody>
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_____ application of concepts and skills

- Soft hands
- Accuracy
- Opposite foot forward
- Eyes tracking ball
- Footwork/ weight transfer