### NAME

9 HPE  
Term 1, Sem. 1  
2014

<table>
<thead>
<tr>
<th>Investigating</th>
<th>Planning</th>
<th>Implementing &amp; Applying</th>
<th>Reflecting</th>
<th>Knowledge &amp; Understanding</th>
<th>FINAL</th>
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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
- Individual physical activity programs that reflect personal interests and goals, and the principles of training, can enhance performance capacities and health and wellbeing

### Athletic Technique

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<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>
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____ application of concepts and skills

- Safety awareness
- Summation of forces
- Body Positioning
- Application of rules