YOUR MOVE poster competition

ABC Education is asking primary school students around Australia to show us their moves! Did you know that any kind of physical movement is going to help you stay healthy?

We are asking you to tell us about your favourite move, give it a name, and then design a poster that shows the nation why your move is awesome — and why everyone should give it a go.

To support students in developing their thinking about movement and its health benefits, we have provided some classroom learning opportunities linked to the Australian Curriculum: Health and Physical Education (AC:HPE). This matrix was developed by The Australian Council for Health, Physical Education and Recreation (ACHPER) Victoria.

	MOVEMENT AND PHYSICAL ACTIVITY								
AC:HPE Foundation level Learning outcomes	Learning opportunity	AC:HPE Levels 1 & 2 Learning outcomes	Learning opportunity	AC:HPE Levels 3 & 4 Learning outcomes	Learning opportunity	AC:HPE Levels 5 & 6 Learning outcomes	Learning opportunity		
AC9HPFM01 Practise fundamental movement skills (FMS) in minor game and play situations.	Respond with movements to rhythm, beat, music and words, e.g. hokey pokey, copy movement to music using online dance resources, Simon Says, musical statues, and skipping rhymes and routines.	AC9HP2M01 Practise fundamental movement skills and apply them in a variety of movement situations.	Incorporate and develop FMS when moving to music, e.g. hip-hop warm-up, twister dance edition and connect movement, e.g. stomp like a giant, roll like a log, glide like a bird, fall like a leaf, etc.	AC9HP4M01 Refine and apply fundamental movement skills in new movement situations.	Participate in a variety of dances that incorporate FMS such as Macarena, Nutbush, line dances, etc.	AC9HP6M01 Adapt and modify movement skills across a variety of situations.	Composing and performing a range of static and dynamic balances on different body parts, rotating and pivoting to change direction of movement. Explore how these relate to dance in a routine.		

AC9HPFM02 Experiment with different ways of moving their body safely and manipulating objects and space.	Imagine how the characters in a story might move to communicate ideas play games/activities and use body positions to communicate, e.g. Simon Says, partner mirrors, obstacle course, form different shapes or objects when music stops, using scarves with movement, etc. Inventing new movements for familiar action songs.	AC9HP2M02 Investigate different ways of moving their body, and manipulating objects and space, and draw conclusions about their effectiveness.	Use stimuli such as equipment, rhythm, music to create simple playground games and assess which ones they enjoy most. Improvising movements in response to prompts such as "make a long, narrow shape", "stretch the shape as wide as possible", "connect your shape with the shape of another person" and "make your combined shape move sideways/forwards /backwards/in a circle".	AC9HP4M03 Demonstrate how movement concepts related to effort, space, time, objects and people can be applied when performing movement sequences.	Exploring choreographic devices to explore and generate movement in response to stimuli such as stories, memories or the environment.	AC9HP6M03 Investigate how different movement concepts related to effort, space, time, objects and people can be applied to improve movement outcomes.	On their own or in small groups, students use 3 moves from known dances and add 3 of their own, demonstrating moves at different levels. Perform the same routine to music with a different tempo.
AC9HPFM03 Participate in a range of activities in natural and outdoor settings and explore the benefits of being physically active.	Discuss emotions they experience when participating in physical activity and the difference between indoor and outdoor	AC9HP2M03 Participate in a range of physical activities in natural and outdoor settings, and investigate factors and settings that	Move around in different spaces using a variety of travelling steps such as running, jumping, rolling, skipping and walking in different directions, in open	AC9HP4M04 Participate in physical activities to explore how their body feels and describe how regular physical activity helps the	Dance activities for physical education	AC9HP6M04 Participate in physical activities to investigate the body's reaction to different levels of intensity.	Participate in different movement activities such as yoga, Pilates, Zumba, etc, and measure breathing rate, heart rate and

environments (identify dance as a form of physical activity).	make physical activity enjoyable.	spaces and with obstacles, and discuss the differences (likes/dislikes) between these.	body stay healthy and well.			other body responses to categorise into low, moderate and high intensity.
			AC9HP4M05 Participate in physical activities in natural and outdoor settings to examine factors that can influence their own and others' participation.	Explore First Nations Australians' connection to special places and how different movements were used to tell stories and their link to physical activity.	AC9HP6M05 Participate in physical activities that enhance health and wellbeing in natural and outdoor settings, and analyse the steps and resources needed to promote participation.	Learn traditional dances from local First Nations Australian community members and recognise the role dance plays in the lives of these communities.
			AC9HP4M06 Explore recommendations about physical activity and sedentary behaviours, and discuss strategies to achieve the recommendations.	Participate in a range of dance styles and discuss the benefits of these in maintaining physical activity levels.	AC9HP6M06 Propose and explain strategies to increase physical activity and reduce sedentary behaviour levels in their lives.	Discuss and plan how different dance activities could be encouraged at school as a form of physical activity. Start up a flash mob, TikTok challenge, etc at lunchtime.

PERSONAL, SOCIAL & COMMUNITY HEALTH								
AC:HPE Foundation level Learning outcomes	Learning opportunity	AC:HPE Levels 1 & 2 Learning outcomes	Learning opportunity	AC:HPE Levels 3 & 4 Learning outcomes	Learning opportunity	AC:HPE Levels 5 & 6 Learning outcomes	Learning opportunity	
AC9HPFP06 Identify health symbols, messages and strategies in their community that support their health and safety.	Brainstorm and create a list of ways that students can be healthy (at school and within the community). Explore the different ways we can move, e.g. hop, slide, roll, jump, leap, etc.	AC9HP2P06 Investigate a range of health messages and practices in their community and discuss their purposes.	List ways students can "move" and the ways the media might influence our choices, e.g. active travel and sustainability campaigns.	AC9HP4P10 Investigate and apply behaviours that contribute to their own and others' health, safety, relationships and wellbeing.	Create a mind map of ways students can move, and categorise these into home, school and community. How do our physical activity choices change?	AC9HP6P10 Analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities.	Complete a physical activity audit of their current situation over the past week and propose strategies and activities they can use to boost physical activity and reduce sedentary behaviour.	

CROSS-CURRICULAR LINKS

When incorporating this competition into a wider unit of work, the matrix below provides teachers with links to other learning areas that can also be assessed.

While students complete the learning activities for Health and PE, they can also demonstrate their skills and knowledge in the curriculum learning areas of Dance and Literacy. In addition, students can also master many of the General Capabilities, which equip students with the knowledge, skills, behaviours and dispositions to live and work successfully.

AC:HPE Foundation level Learning outcomes	Links to other learning areas	AC:HPE Levels 1 & 2 Learning outcomes	Links to other learning areas	AC:HPE Levels 3 & 4 Learning outcomes	Links to other learning areas	AC:HPE Levels 5 & 6 Learning outcomes	Links to other learning areas
AC9HPFM01	AC9ADAFD01	AC9HP2M01	AC9ADA2D01	AC9HP4M01	AC9ADA4D01	AC9HP6M01	AC9ADA6D01
Practise	Use play,	Practise	Experiment with	Refine and apply	Experiment with	Adapt and modify	Develop and
fundamental	imagination, arts	fundamental	ways to move	fundamental	and practise skills	movement skills	practise technical
movement skills	knowledge,	movement skills	safely and	movement skills in	for moving safely	across a variety of	and expressive
in minor game	processes and/or	and apply them	expressively using	new movement	and expressively	situations.	skills using safe
and play	skills to discover	in a variety of	fundamental	situations.	using		dance practice
situations.	possibilities and	movement	movement skills		fundamental		and the elements
	develop ideas.	situations.	and the elements		movement skills		of dance.
			of dance.		and the elements		
	Personal & Social		D		of dance.		Personal & Social
	Capability		Personal & Social		Davisanal & Casial		Capability
	Self-management		Capability		Personal & Social		Self-awareness Reflective
	Perseverance and		Self-management		Capability Self-awareness		
	adaptability Goal setting		Perseverance and adaptability		Reflective		practice <u>Self-management</u>
	Godi Setting		adaptability		practice		Goal setting
					Self-management		Godi Setting
					Goal setting		
					Perseverance and		
					adaptability		
					, ,		

AC9HPFM02 Experiment with different ways of moving their body safely and manipulating objects and space.	AC9ADAFD01 Use play, imagination, arts knowledge, processes and/or skills to discover possibilities and develop ideas. Personal & Social Capability Self-awareness Reflective practice Self-management Perseverance and adaptability Goal setting Critical and Creative Thinking Analysing,	AC9HP2M02 Investigate different ways of moving their body, and manipulating objects and space, and draw conclusions about their effectiveness.	AC9ADA2D01 Experiment with ways to move safely and expressively using fundamental movement skills and the elements of dance. Personal & Social Capability Self-management Perseverance and adaptability Critical and Creative Thinking Analysing, generating, reflecting	AC9HP4M03 Demonstrate how movement concepts related to effort, space, time, objects and people can be applied when performing movement sequences.	AC9ADA4D01 Experiment with and practise skills for moving safely and expressively using fundamental movement skills and the elements of dance. Critical and Creative Thinking Reflecting	AC9HP6M03 Investigate how different movement concepts related to effort, space, time, objects and people can be applied to improve movement outcomes.	AC9ADA6D01 Develop and practise technical and expressive skills using safe dance practice and the elements of dance. Critical and Creative Thinking Analysing, generating
AC9HPFM03 Participate in a range of activities in natural and outdoor settings and explore the benefits of being physically active.	Personal & Social Capability Self-management Goal setting	AC9HP2M03 Participate in a range of physical activities in natural and outdoor settings, and investigate factors and settings that make physical activity enjoyable.	Personal & Social Capability Self-awareness Personal awareness Reflective practice	AC9HP4M04 Participate in physical activities to explore how their body feels and describe how regular physical activity helps the body stay healthy and well.	Critical and Creative Thinking Generating	AC9HP6M04 Participate in physical activities to investigate the body's reaction to different levels of intensity.	Critical and Creative Thinking Inquiring

	P p ir o e tl tl	AC9HP4M05 Participate in physical activities In natural and putdoor settings to examine factors that can influence their own and others' participation.	Personal & Social Capability Self-awareness Personal awareness Self-management Goal setting	AC9HP6M05 Participate in physical activities that enhance health and wellbeing in natural and outdoor settings, and analyse the steps and resources needed to promote participation.	Critical and Creative Thinking Analysing
	E ro a a so b d	AC9HP4M06 Explore recommendations about physical activity and sedentary behaviours, and discuss strategies to achieve the recommendations.	Critical and Creative Thinking Generating	AC9HP6M06 Propose and explain strategies to increase physical activity and reduce sedentary behaviour levels in their lives.	Critical and Creative Thinking Generating
	A tl d m so	AC9HP4M07 Apply creative chinking when designing movement sequences and solving movement problems.	Critical and Creative Thinking Generating		

PERSONAL, SOCIAL & COMMUNITY HEALTH								
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AC9HPFP06 Identify health symbols, messages and strategies in their community that support their health and safety.	Personal & Social Capability Self-awareness Social management Literacy AC9EFLA03 AC9EFLY05	AC9HP2P06 Investigate a range of health messages and practices in their community and discuss their purposes.	Critical and Creative Thinking Analysing Inquiring Literacy AC9E1LY05 AC9E2LY05	AC9HP4P10 Investigate and apply behaviours that contribute to their own and others' health, safety, relationships and wellbeing.	Critical and Creative Thinking Analysing Personal & Social Capability Social awareness Social management	AC9HP6P10 Analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities.	Ethical Understanding Responding to ethical issues Understanding ethical concepts and perspectives Personal & Social Capability Social awareness Social management	