



## Curriculum links

### Year 7-9 Health & Physical Education

Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans ([VCHPEM136](#))

Compose and perform movement sequences for specific purposes in a variety of contexts ([VCHPEM134](#))

Practise, apply and transfer movement concepts and strategies ([VCHPEM135](#))

Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels ([VCHPEM155](#))

## Learning intention and success criteria

### Learning intention

- To relate knowledge of the human body and movements to different sporting skills

### Success criteria

- Complete netball focused circuit
- Determine bones and muscles involved
- Relate movements to sporting skills
- Create circuit for chosen sport

## Instructions to teachers

This activity has been developed as a practical task for students to explore different movements and how they can transfer to sporting skills and training.

The worksheet that students complete is a word document that has been designed using the developer function. This means that students can save the document to their device and are able to modify certain sections to record their answers. Although students are able to quickly adapt to this format, it is recommended that you briefly familiarise yourself with the document before you distribute it to students.

## Instructions for students

1. Download the activity, save to your device and then select view and select edit document.
2. Watch Madi Browne circuit video and complete exercises.
3. Complete the activity, resave to your device and submit task.