



WHERE DOES AUSTRALIAN FOOTBALL FIT INTO THE NOVA SCOTIA PHYS ED & HEALTH CURRICULUM?

Use the guide below to include Australian Football in your classes phys ed and health curriculum, to diversify your sessions.

Organizational Strand = Knowing

General Outcome:

Students will be expected to demonstrate an understanding of the concepts that support human movement.

Requirements for students by the end of Grade 3:

Identify parts of the human body:

Learning the skills of Australian Football allow students to use different parts of their bodies and different movements allowing them to practice identifying parts of the body

Identify warm up and cool down activities:

All Australian Football sessions contain a proper warm up and cool down so students will be able to identify those parts of the session.

Identify ways of moving safely and sensitively through all environments:

Australian football is a 360 degree sport offering students opportunities to practice moving safely through a unique environment.

Create and explain games that use specific skills:

The skills of Australian Football are unique to the game and use unique activities and small sided games. Students will gain a lot of experience in different games and be able to explain those games.

Select and Combine activity specific motor skills involved in individual group activities:

Kick, run, leap, jump, bound, catching/sending an object and many more motor skills are used in Australian Football in different capacities. Students will have practice in selecting and combining skills specific to the sport.

Identify roles in a variety of activities:

Including Australian Football in your curriculum will diversify the sports students are involved in, allowing them to identify different roles in a variety of activities.

Requirements for students by the end of Grade 6:

Describe the benefits of warm-up and cool-down activities:

All Australian Football sessions contain a proper warm up and cool down so students will be able to identify those parts of the session.

Identify factors to consider when planning outdoor activities and the impact of physical activities on the environment:

Australian Football is primarily an outdoor sport (even though it can be modified indoors) so safety factors need to be considered relevant to outdoor activity. Environmentally, Australian Football is a great sport to consider when talking environmental strains as there is minimal equipment required.

Create and explain games in a variety of environments and movement categories:

The skills of Australian Football are unique to the game and use unique activities and small sided games. Students will gain a lot of experience in different games and be able to explain those games plus create their own.

Identify the role that strategy plays in a variety of activities:

Strategy is a key part of being successful in Australian Football. Students are encouraged to experience tried and true strategies of the sport and create their own. This will help identify strategies in a diverse range of sports.

Identify and explain factors that contribute to a safe environment for all physical activity:

Safety is a key component of Australian Football. All lessons and sessions require a variety of safety components to be successful. Students and teachers will be required to consider a range of safety components when planning out sessions.



Requirements for students by the end of Grade 9:

Understand the role of body parts in movement:

Learning the skills of Australian Football allow students to use different parts of their bodies and different movements allowing them to practice identifying parts of the body and understand the roles of those body parts in movement.

Plan appropriate warm up and cool down activities:

All Australian Football sessions contain a proper warm up and cool down so students will be able to identify those parts of the session. From here students will be able to create their own cool down and warm ups.

Analyse and explain the relationship between changes in body growth and the effects on movement skills and concepts:

Australian Football uses a wide range of components of fitness. Through testing and experience in Australian Football students will be able to see improvement in their skills as they grow.

Plan activity-specific motor skills in all movement categories and alternative environments:

Kick, run, leap, jump, bound, catch, sending an object and many more other skills are used in Australian Football in different capacities. Students will have practice in selecting and combining skills specific to the sport and planning activities related to the sport and environment.

Identify certification opportunities in selected areas related to physical activity:

Australian Football, through it's NSO AFL Canada has various certification opportunities for the sport in both umpiring, coaching and coaching juniors.



General Outcome:

Students will be expected to demonstrate a knowledge of the components and processes needed to maintain a personal level of functional fitness.

Requirements for students by the end of Grade 3:

Describe the benefits of physical activity:

Participation in Australian Football, along with other sports, will increase students participation in physical activity allowing them to experience and identify the benefits of physical activity.

Describe the changes that take place in the body during physical activity:

Including Australian Football in your physical activity curriculum will allow students to identify a diverse range of changes in the body during physical activity because Australian Football encompasses a wide range of components of fitness.

Requirements for students by the end of Grade 6:

Describe how activity affects body systems and levels of fitness:

Including Australian Football in your physical activity curriculum will allow students to identify a diverse range of changes in the body during physical activity because Australian Football encompasses all energy systems in the body.

Set and modify goals to develop personal fitness and motor abilities:

Australian football is a terrific sport to use when looking to work on goal setting with motor skills. The skills are unique when compared to traditional north american sports so students start at a base level and allow students to develop step by step.

Identify Factors that affect choices of physical activity for life:

Including Australian Football in your curriculum provides students with experiences in a variety of sports allows them to further consider choices that affect choices of physical activity.



Requirements for students by the end of Grade 9:

Plan and assess personal fitness for active and healthy living:

Australian football uses various fitness components in different settings so comparing the assessments against success in the sport is a great way to track success.

Identify and describe factors that affect choices of physical activity for life:

Including Australian Football in your curriculum provides students with experiences in a variety of sports allows them to further consider choices that affect choices of physical activity.



Organizational Strand = Doing

General Outcome:

Students will be expected to demonstrate motor skills in all movement categories using efficient and effective body mechanics.

Requirements for students by the end of Grade 3:

Perform simple movement sequences using elements of body awareness, space awareness and qualities of speed and force:

Participation in Australian football will allow students to use the motor skills and sport specific skills learned considering the factors of body/space awareness and at different levels of speed and force.

Select and perform locomotor and non-locomotor skills in simple sequences alone and with others, with and without objects:

Australian football requires the use of many motor skills in sequence such as run, jump, kick, punt, leap, bound, catch and sending objects. Many of these can be varied to practice and perform without a partner. Participation in Australian Football will allow students to develop these motor skills and sequences.

Demonstrate ways to retain possession of an object:

Possession of the ball is a key component of success in Australian Football. Holding positions and effective passing to teammates in various forms are continuously practiced and developed, allowing students to demonstrate/improve that skill.

Demonstrate ways to send and receive an object using a variety of body parts and objects:

Two main skills of Australian football include sending the ball to/receiving the ball from team mates using feet and hands. Through participation students will be able to demonstrate and improve these skills.

Demonstrate and perform activity specific motor skills alone and with others:

The skills of Australian Football are unique to the sport and unique when compared to traditional North American sports, that means students will have plenty of opportunities to practice, demonstrate and perform these activities by themselves and with a partner.



Demonstrate ways to project an object using a variety of body parts and movements:

Two main skills of Australian football include projecting the ball using feet and hands. Through participation students will be able to demonstrate and improve these skills.

Demonstrate activity-specific motor skills in at least one alternative environment:

Australian Football skills are developed via small sided games and other modified games. The skills that they are developing are isolated and focussed on allowing them to perform those skills in various environments. The skills are also compared to those used in different sports so students can transfer the skills.

Requirements for students by the end of Grade 6:

Perform simple movement sequences using elements of body awareness, space awareness and qualities of speed and force:

Participation in Australian football will allow students to use the motor skills and sport specific skills learned considering the factors of body/space awareness and at different levels of speed and force.

Select, combine, perform locomotor and non-locomotor skills in simple sequences alone and with others, with and without objects:

Australian football requires the use of many motor skills in sequence such as run, jump, kick, punt, leap, bound, catch and sending objects. Many of these can be varied to practice and perform without a partner. Participation in Australian Football will allow students to develop these motor skills and sequences.

Demonstrate ways to send and receive an object with increased accuracy alone and with others:

Two main skills of Australian football include sending the ball to/receiving the ball from team mates using feet and hands. Through participation students will be able to demonstrate and improve these skills

Demonstrate basic offensive and defensive strategies:

Strategy is a key part of being successful in Australian Football. Students are encouraged to experience tried and true strategies of the sport and create their own. This will help identify strategies in a diverse range of sports.



Demonstrate activity-specific motor skills in at least one alternative environment:

Australian Football skills are developed via small sided games and other modified games. The skills that they are developing are isolated and focussed on allowing them to perform those skills in various environments. The skills are also compared to those used in different sports so students can transfer the skills.

Requirements for students by the end of Grade 9:

Apply movement sequence skills and concepts in a variety of activities:

Participation in Australian football will allow students to use the motor skills and sport specific skills learned considering the factors of body/space awareness and at different levels of speed and force.

Demonstrate Manipulative skills with increased speed, accuracy and distance:

Through prolonged participation in Australian Football, students will be able to increase the performance and efficiency of manipulative skills such as handpassing and goalkicking.



General Outcome:

Students will be expected to participate regularly in a variety of activities that develop and maintain personal physical fitness.

Requirements for students by the end of Grade 3:

Participate daily in vigorous physical activities with frequent rest periods:

Australian Football is described as vigorous physical activity, participation will ensure children are meeting regular physical activity needs with a variety of sports.

Participate in warm up and cool down activities:

All Australian Football sessions contain a proper warm up and cool down so students will be able to partaking those parts of the session.

Participate in activities that develop personal physical fitness for active healthy living:

Australian football involves a number of components of physical fitness that leads to active healthy living. Participation increases physical fitness.

Requirements for students by the end of Grade 6:

Participate in daily vigorous physical activities to develop components of fitness and motor abilities:

Australian Football is described as vigorous physical activity, participation will ensure children are meeting regular physical activity needs with a variety of sports. It contains a number of components of fitness so children are developing multiple components at a time.

Participate in warm up and cool down activities:

All Australian Football sessions contain a proper warm up and cool down so students will be able to demonstrate and explain those parts of the session.

Requirements for students by the end of Grade 9:

Participate in activities that develop personal physical fitness for active healthy living:

Australian Football involves a range of components of fitness which will help participants develop their personal physical fitness in the goal towards active healthy living



Lead appropriate warm up and cool down activities with peers:

All Australian Football sessions contain a proper warm up and cool down so students will be able to lead those parts of the session.



General Outcome:

Students will be expected to demonstrate creativity in all movement categories.

Requirements for students by the end of Grade 3:

Perform simple movement sequences using elements of body and space awareness

Participation in Australian football will allow students to use the motor skills and sport specific skills learned considering the factors of body/space awareness and at different levels of speed and force.

Respond to a variety of external stimuli to create movement sequences alone and with others:

Australian Football is an extremely dynamic game and participants will get practice in responding to various stimuli whilst performing tasks in both practice, small sided games and gameplay.

Create and explain games that use specific skills:

The skills of Australian football are developed through small sided games created specifically for that skill. Participation will allow students to explain those games and are always encouraged to create their own.

Requirements for students by the end of Grade 6:

Perform activity specific motor skills in creating individual and group activities:

The skills of Australian football are unique to the game so students will have experience in performing those and in creating individual/group activities related to those skills.

Requirements for students by the end of Grade 9:

Link cultural customs and traditions with functional fitness:

Australian football is a sport unique to Australia. Participation in the sport will allow students to explore the culture of Australia simultaneously.



Organizational Strand = Valuing

General Outcome:

Students will be expected to demonstrate positive personal and interpersonal relationships.

Requirements for students by the end of Grade 3:

Demonstrate safe behaviours when participating in physical activity:

Safety is a key component of any Australian football session or lesson. Participation will allow students to demonstrate their ability to participate safely in a new sport.

Demonstrate self confidence when participating in physical activity:

The skills of Australian football are unique to most students in Canada meaning they will have the chance to develop new skills and see success gaining self confidence.

Display a willingness to share ideas, space, and equipment when participating cooperatively with others:

Australian Football is a team game meaning teamwork and working cooperatively with others to develop ideas and gain success in the sport.

Demonstrate the ability to accept responsibility for assigned roles when participating in physical activity:

Australian Football is built up of many different positions with different responsibilities. Through participation students will be able experience and learn to accept many different roles and responsibilities through physical activity.

Display a willingness to work with other of various abilities, interests and social and cultural backgrounds:

Australian Football is a team game meaning teamwork and working cooperatively with others is paramount regardless of ability, interest and social/cultural background.

Demonstrate effective communication with a partner and in a small group:

Australian Football is a team game meaning communication is imperative whether working in pairs or small groups.



Requirements for students by the end of Grade 6:

Follow rules, routines, and procedures of safety in a variety of activities from all movement categories:

Including Australian football in your curriculum will diversify the sports and games your students are exposed to allowing them to see a new set of rules, routines and procedures for safety.

Assume responsibility for various roles while participating in physical activity:

Australian Football is built up of many different positions with different responsibilities. Through participation students will be able experience and assume many different roles and responsibilities through physical activity.

Demonstrate a willingness to participate cooperatively in physical activity with others of various abilities, interests and social and cultural backgrounds:

Australian Football is a team game meaning teamwork and working cooperatively with others is paramount regardless of ability, interest and social/cultural background.

Demonstrate effective communication with a partner and in a small group:

Australian Football is a team game meaning communication is imperative whether working in pairs or small groups.

Requirements for students by the end of Grade 9:

Select and apply rules, routines, and procedures of safety in a variety of activities from all movement categories.

Including Australian football in your curriculum will diversify the sports and games your students are exposed to allowing them to see a new set of rules, routines and procedures for safety

Demonstrate appropriate social behaviour when working cooperatively in group activities:

Australian Football is a team game meaning teamwork and working cooperatively with others is paramount and positive social behaviours are crucial to success and enjoyment in the game.

Describe and apply leadership skills related to physical activity:

Australian football is a team game which provides opportunities for students to experience leadership skills which they can apply to different sports or physical activities.



General Outcome:

Students will be expected to demonstrate positive attitudes toward and an appreciation of physical activity through participation.

Requirements for students by the end of Grade 3:

Demonstrate and promote fair play:

Fair play, teamwork and mateship are all key pillars of Australian Football at any level. All sessions and lessons have these points included.

Demonstrate behaviors that indicate interest interest in and enjoyment of physical activity:

Fun is the number one focus in all junior Australian football sessions.

Requirements for students by the end of Grade 6:

Demonstrate and promote etiquette and fair play:

Fair play, teamwork and mateship are all key pillars of Australian Football at any level. All sessions and lessons have these points included.

Demonstrate a willingness to participate in a variety of activities form all movement categories:

Enjoyment in sport is a major aspect of any Australian Rules football sessions. Participation in a new sport will help diversify the types of sports participated in and transfer enjoyment to the students.

Requirements for students by the end of Grade 9:

Demonstrate and promote etiquette and fair play:

Fair play, teamwork and mateship are all key pillars of Australian Football at any level. All sessions and lessons have these points included.

Demonstrate an understanding of the value of participating in a wide range of activities:

Participation in Australian Rules Football will diversify the types of sports students are participating in helping them add more varied types of physical activity to their range.

