



ADAPTABILITY



AGENCY



COLLABORATION



COMMUNICATION



COMPASSION



COURAGE



CURIOSITY



REGULATION



RESILIENCE

NSW PDHPE SYLLABUS OUTCOMES

Stage 2 PH2- MSP-01

Applies movement skills, strategies and teamwork in physical activities

CONTENT

Demonstrate and describe how roles in teams continue to change
Pass and receive an object at different levels and directions

PERSONAL CHARACTER COMPETENCY

Courage

ADJUSTMENTS & CONSIDERATIONS

Provide additional priming to support students requiring additional preparation.
Assign leader / supporter roles to high competency SEL students (HPGE)

CHALLENGE | PATTERN

Name of the activity:

Reflex Challenge

What you need:

Lengths of sticks, noodles, PVC conduit for each participant

How much time:

15-30min

Link / QR code:



POST SHARED ON 7 SEPTEMBER
BY MEESTERDORUS

PRIME

Review the PCC of Courage

What are the key words / phrases that we refer to when learning about being courageous?

How can being courageous support you to overcome hard things?

What are some sound bites (phrases from songs, movies) to help you overcome difficult situations?

IMPLEMENT

What to do:

- Assign team roles
Clarifier: responsible for ensuring the group clearly understands the challenge
Manager: collects and sets up the equipment
Time/score keeper: Ensures the challenge is completed in the set time and reports/records the scores/results
- The lead team views the video to gain understanding of the challenge
- Clarifier relays the challenge so the team members have a clear understanding
- Facilitator sets challenge success criteria

Modification and safety:

- One student stands in the middle of the circle and yells out a name of another member position around the circle.
- Selected student needs to catch the object before it falls
- Eyes always open and hands out in front

DEBRIEF

What did you find difficult or challenging?

How did you overcome those initial thoughts and feelings?

What were the sensations in your body throughout the challenge?

If a bird in a tree nearby was watching the class participating in this challenge, what would a courageous action looked like?