

LEARNING ACTIVITY 17

Playing our Game – Fit for Footy



YEAR LEVEL:

7 and 8

LEARNING AREA:

Health & Physical Education

STRAND:

Movement & Physical Activity

Learning Focus

Using the Sport Education in Physical Education Program (SEPEP) model students participate in a competition format in one or more of the different football codes (Australian Rules, Rugby League, Soccer). Students extend their learning by identifying the fitness components used in the selected sport.

Sequence of Content

Year 7 and 8 students:

- Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations **(ACPMP080)**
- Practise, apply and transfer movement concepts and strategies with and without equipment **(ACPMP082)**
- Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans **(ACPMP083)**
- Practise and apply personal and social skills when undertaking a range of roles in physical activities **(ACPMP086)**
- Modify rules and scoring systems to allow for fair play, safety and inclusive participation **(ACPMP088)**



Learning Intention

We are learning to:

- Use the skills, game-based strategies and rules to play a game of Australian Rules (AFL 9's), Rugby League or Soccer.
- Participate in and undertake the different roles and responsibilities involved in playing this sport.
- Identify and explain the health-related and skill-related fitness components used in this sport.

Success Criteria

I can:

- Participate in a game of Australian Rules (AFL 9's), Rugby League or Soccer and undertake a range of roles and responsibilities involved in playing this sport.
- Identify and explain the health-related and skill-related fitness components used in this sport.

ACTIVITY

Refer to the listed resources and apply the Sport Education in Physical Education Program (SEPEP) learning model for one or more lessons providing the opportunity for students to play a competition format for one or more of the different football codes (Australian Rules, Rugby League and Soccer).

The SEPEP model can be adapted to suit the game-specific skills, rules and different roles across each of these sports.

Each resource includes a range of activities, modified games, rules and competition formats that can be used for one lesson or developed across several lessons.

Teachers may select from one of the modified games of Australian Rules (AFL 9s), Rugby League and Soccer or use the standard rules for each of these sports when playing. Additional information about each sport and suggested activities is provided below for teachers to browse and select based on the relevant football code and context of the lesson such as the number of students and their overall skill development and understanding of the sport.

Australian Rules (AFL 9s)

AFL 9s is the Australian Football League's (AFL) official alternative and modified version of the game of Australian football. It's a fast, free-flowing game that involves nine players on each team playing on a smaller field. AFL 9s is a non-contact game with no tackling or bumping, making it suitable for children of any age or skill level to play.



AFL Sport Education (SEPEP)

AFL Sport Education presents a 'season of sport', enabling students to develop their skills as players as well as learning off field roles such as umpiring, team and facilities management, coaching, team leadership, sports journalism, publicity officer or serving on the football committee.

Rugby League

There are 52 detailed sessions and various game-based activities teachers can access from the Play Rugby League website.

Teachers can search by age group, activity type and skill area to cater for the ability level of their students and access instructional videos to highlight the key skills, rules and game-based strategies and tactics used in Rugby League.



Soccer

The NAB Skills Series (Soccer) and Teacher resources on the Play Football (schools) website provide a range of fun modified games including '4 versus 4 Football' and 'Champions'.

Each of the activities and teaching resources available to access under the 'Coaching Sessions' section of the Play Football website include different modified games and playing formats that can be used to play soccer such as '9 versus 9'.

Resources

AFL 9s Teachers Curriculum Resource Guide. [Click here](#) to access.

AFL Sport Education. [Click here](#) to access.

Play Rugby League - Coaching Resources. [Click here](#) to access.

NAB Skills Series (Soccer). [Click here](#) to access. Teacher Resources are also available to view on the Play Football (schools) website by [clicking here](#).

The Play Football website under the 'Coaching Sessions' section also provides detailed coaching activities that teachers can adapt for one or more lessons to teach the skills and tactical awareness to play soccer. [Click here](#) to access.



Extension Activity

Fit for Footy

In small groups, students select the football code they have been playing (Australian Rules, Rugby League or Soccer) and conduct a learning task to identify and explain the fitness components used in this sport. This activity can be adapted for students to select any one of these sports and extended further asking students to compare the fitness components across each of the different football codes.

1. Research

In small groups, students research and identify the fitness components required to play the selected sport including specific game-related examples of each.

Other information may include sport-specific examples of exercises and fitness tests used to play this sport. For example, students could include the fitness test results from the AFL Draft Combine. [Click here](#) to access.

Students can visit the website of their respective footy code for more information.

- Australian Rules (Australian Football League) www.afl.com.au.
- Search under the 'Health & Fitness' section of AFL Community Club website for further information about fitness for Australian Rules. [Click here](#) to access.
- Rugby League (National Rugby League) www.nrl.com.
- Soccer (A-League) www.a-league.com.au.

2. Presentation

Students collaborate with their teacher to select the method in how they will present and share their research. This may be through an oral, visual or multimedia presentation.

Students may use digital resources and other online communication tools such as creating a blog, website or use a shared online learning forum used by the school or classroom teacher to share their extended learning task.

Additional Teacher Notes and Resources

Teachers may wish to focus on one football code and apply the SEPEP model to develop a unit of lessons or use this model as the format for one lesson to play a competitive game of that sport. Alternatively, teachers may also wish to use a round-robin format or apply the SEPEP model across several lessons in playing a competition-style format for each of the football codes.

Teachers may use the Footy Colours Day as the culminating event or Grand Final day for this competition to further promote Footy Colours Day and to showcase the learning and talents of their students. Students could also apply their learning by organising a footy clinic.

Sport Education in Physical Education Program (SEPEP) is a curriculum-based model where students learn to plan, implement and play in a sporting competition. Students and teachers work collaboratively to assign the different roles and responsibilities to effectively plan and organise a structured competition.

Each activity and unit of lessons can be implemented as recommended or teachers can adapt and develop their own SEPEP program, introducing activities that are appropriate to the age, skill level and prior learning of students.

Source: Adapted from the [AFL Sport Education in Physical Education](#) program.



AFL Active

AFL Active is a curriculum resource for secondary school teachers that provides a detailed unit of football-related lessons focused on fitness and health. Teachers may wish to use this resource or refer to the fitness activities to support students with their extended learning task.

Download the **AFL Active Teachers Curriculum Guides** by clicking the link below.

[AFL Active Teachers Curriculum Years 7-8](#)

Footy Clinic

As part of Footy Colours Day, as a class or in small groups, students organise a footy clinic to be held for other classes or year levels.

- Students may use any of the above listed resources to plan a range of activities that focus on the key skills of the sport to be covered.
- Students are encouraged to use the various *Decorations* in the 'Tips & Tools' section of our website to promote the footy clinic and *Footy Colours Day*. [Click here](#) to access.

Activities & Games

As a class, students can organise and compete in a 'Longest Kick Competition'. This may be adapted to include other skills such as handballing and goal kicking and students can create their own competition to test their skills in class or as part of a lunchtime activity on *Footy Colours Day*. [Click here](#) to access.