

# LEARNING ACTIVITY 18

## Playing our Game – Fit for Life



### YEAR LEVEL:

9 and 10

### LEARNING AREA:

Health & Physical Education

### STRAND:

Movement & Physical Activity  
Personal, Social and Community  
Health

### 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 demonstrating a holistic understanding of the role physical activity plays in promoting the health and wellbeing of their communities.

### Sequence of Content

Year 9 and 10 students:

- Plan, implement and critique strategies to enhance health, safety and wellbeing of their communities **(ACPPS096)**
- Provide and apply feedback to develop and refine specialised movement skills in a range of challenging movement situations **(ACPMP09)**
- Develop, implement and evaluate movement concepts and strategies for successful outcomes with and without equipment **(ACPMP101)**
- Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time **(ACPMP104)**
- Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams **(ACPMP10)**
- Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities **(ACPMP107)**

### 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.
- Develop and implement proposals to enhance the wellbeing of staff and students in the school.

### 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.
- Demonstrate leadership and collaboration skills when working in a team.
- Promote the benefits of physical activity to improve the health and wellbeing of others in my community.



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# 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 – Schools Program. [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 Life**

In small groups, students investigate how sport and campaigns such as Footy Colours Day promote a healthy and physically active community.

### 1. Brainstorm

As a class, brainstorm the benefits of regular physical activity. Responses may include benefits associated with physical and emotional wellbeing as well as social connectedness.

[Click here](#) to visit the *Footy Colours Day* website and discuss questions such as:

- What is Footy Colours Day?
- Where does the money go?
- Why do you think sport through each of the different football codes is used to promote such an important cause?

### 2. Research

In small groups, students visit the homepage of The Fight Cancer Foundation website and under the 'Events' section investigate if there are other events that focus on physical activity or sport as a way to promote awareness and to raise funds to provide the care, treatment and support for young cancer patients and their families.

Students collate their research highlighting how physical activity or sport has been used in the promotion of these events and why there is a relationship between the benefits of regular physical activity and the work of The Fight Cancer Foundation in raising funds to support young children with cancer.

Students can list other ways young people can increase their physical activity including links to Australian Rules, Rugby League and Soccer clubs in their local community.

To further illustrate how physical activity and sport can promote the health and wellbeing of the community, students can refer to *Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines*. Updated in April 2019, these guidelines are available at [www.health.gov.au](http://www.health.gov.au). [Click here](#) to access.

### 3. 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 could use this information to help promote *Footy Colours Day* in their school or propose ways their school could participate in other fundraising events to support The Fight Cancer Foundation.

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 9-10](#)

### 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.