

Applying Movement Skills

In this assignment you will participate in three different physical activities. One activity involves transport skills, one involves manipulation skills, and one involves balance skills.

Remember to check safety rules and procedures related to Activity 2 and 3 and have your parent/guardian sign off on any new activities.

Activity 1: Rolling a ball at the target

Movement Skill Category: Manipulation

Instructions: Roll the ball at the target three different times from two different distances.

Questions:

1. What did you do to change the way you executed the skill to improve your performance over the six times? (2 marks)

2. To which biomechanical principles would the adjustments relate? (2 marks)

Activity 2: Standing long jump versus running long jump

Movement Skill Category: Transport

Instructions: With the help of your learning partner, execute three standing long jumps and three running long jumps. Compare the results and answer the following questions.

Questions:

1. In which skill were you able to jump the furthest and why? (2 marks)

2. What did you do to change the way you executed the skill to improve your performance over the three times? (2 marks)

3. To which biomechanical principles would the adjustments relate? (2 marks)

Activity 3: Using hands and/or feet for support

Movement Skill Category: Balance

Instructions: Read the balance activity and rank them in order from least difficult to most difficult. Then try the activities and rearrange the order of them if necessary. Answer the questions after completing and ranking the exercises.

Static Balance	Dynamic Balance
Balance on all fours (both hands and both feet)	Hop on one foot
Balance on one hand and one foot (same side)	Walk heel to toe backwards
Balance on one hand and one foot (opposite sides)	Move forward with one hand and one foot on the ground
Balance on your bum without feet or hands touching	Walk heel to toe forwards
Balance on one foot	Crawl on all fours (both hands and feet)

Questions:

1. What prompted you to rank the activities the way you did before trying them? (2 marks)

2. Which balance activity did you find to be the most challenging? (2 marks)

3. Thinking of the most challenging activity, what tips would you give to someone who has never done this before? (2 marks)
