




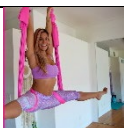


Concept: Creativity

The big picture: Building on from the previous year, the focus of the year 8 creativity block is to develop the student's ability to think creatively. Students will be expected to be working height, in pairs/groups and with other equipment during this block of work. Students in year 8 will learn about core tension and strength of the body and will use this in the application of creative techniques. **Key concepts:** Creative movement is routed in having control of the body and limbs. The aim is for students to develop a kinaesthetic awareness of how their body works and how to use this in creative work.

Physical Literacy – Motor Competence		
Motor Skills – Sport Specific		How do I do this?
Core Tension		Isolate the large muscle groups that are required whilst you are working, (likely to be in the trunk and back). Tighten these muscles to keep that area of the body ridged whilst you perform the movement.
Moon/Mermaid		An aerial move where the performer has placed both feet into a lock in the hammock, pushing the hips and shoulders through the straps and the body is held by arms/hands above the head and by the feet. The body should resemble a crescent moon or a mermaid arch.
Counterbalance		Using another's body weight to offset yours to find a mutual balance point and centre of gravity. Can be performed at height or on the floor. Each counterbalance is different and can have multiple people involved.
Safety Vault		A parkour specific move that requires the performer to place one hand and the outside foot on the surface you are trying to get over. Pushing with the hand and the foot you create a space between you and the surface for the rest of the body to follow through and land on the opposing side.
Speed Vault		A parkour specific move that requires the performer to place just one hand on the surface they are trying to get over. Push through the hand to create space to bring through both feet and the rest of the body. Feet are driven through first as they are your landing place.
Seated Climb		An aerial hammock move that requires the performer to go from an inverted position with the hammock around the hip to a seated position with the hammock placed around the thighs and the hips. This is a safety position and requires the performer to climb the hammock to get into position.

Life Skills	
Teamwork	working together and supporting others to ensure all succeed.
Problem Solving	Finding a solution or new way to complete sport specific moves that enable you to perform.
Leadership	Supporting a group of peers and being proactive in your learning and the learning of others.
Sel-confidence	Being able to perform short motifs to peers in small groups.
Physical Literacy – Knowledge of rules, strategies and tactics	
Key Terms	<p>Flow – A movement pattern that is smooth and the athletes are totally absorbed in that movement.</p> <p>Control– The individual has autonomy over the movement they are performing.</p> <p>Connection – Being part of something, investing in the team, partnership, or the performance. A connection can be felt by the audience.</p> <p>Tension– Contracting the muscles to make them hard and ridged.</p> <p>Trust – Relying on your own learned skills or the learnt skills of your team to perform a set motif.</p>
Strategies common to all creative sports	<p>To change the height during the motif.</p> <p>Show core tension in all movements.</p> <p>To be able to work cooperatively with others to create a motif.</p>

Health and Wellbeing

Being active is important for physical **health and wellbeing**. **Health** is a state of complete physical, mental and social well-being. Fitness is the ability to fulfil a particular physical task. **Creative sports promote many different areas of fitness that keep us healthy**. **Power** is the combination of speed and strength for example a speed vault. **Muscular endurance** is the ability of a muscle to exert force repetitively, over time, like when a performer climbs into seated position in the aerial hammock. **Cardiovascular endurance** is how well you can do exercises that involve your whole body for an extended time, like being able to perform a motif 3 times without a break. **Flexibility** is the range of motion in a joint that allows you to stretch for things, for example the mermaid/moon shape in aerials.