




Concept: Functional Movements

The big picture: For students to understand the importance of being able to perform key functional movements correctly and why they are essential not only in sport, but also to health and wellbeing in everyday life.
Key Concepts – Fitness, Health and Wellbeing and Physical Competence.






Physical Literacy – Motor Competence		
Movement		How do I do this?
Lunge		1. Spine - Trunk in proper alignment 2. Ankle/Knee Hip Alignment 3. Hips - Step forward torso should remain vertical from side 4. Knees - Lift knee without any lateral shift in hip or trunk. Keep shin of trail leg steady 5. Land and return in smooth balance. 6. Feet - feet hip width apart when viewed from the front
Squat		1. Spine - Trunk in proper alignment. 2. Hips back and down (shoulders over feet) 3. Ankle, knee, hip alignment 4. Feet shoulder width apart with equal stance on both legs, push body weight through the outside of the shoe 5. Upper thighs parallel to the floor.
Pull		Torso - Chest to touch bar 2. Spine - Body remains straight and braced at all times. 3. Feet & legs - Legs remain straight throughout 4. Shoulders remain 'down & back' 5. Elbows tight to ribs (no visible gap between elbows and ribs), elbows are high.

Life Skills	
Independence	Working alone, trying to improve your own technique/achieve your personal best without the help of others. Making your own decisions.
Resilience	The ability to keep going when the situation is tough or bounce back from something that you find difficult.
Challenge	Trying to beat previous scores and improve your own personal fitness. Understanding your own strengths and weaknesses and challenging yourself to improve them.

Physical Literacy – Knowledge	
Understanding how each movement pattern links to other activities in PE.	<u>Strategies common to all movements</u>
<p>Lunge, many sporting actions mimic a lunge position, i.e. reaching for a shot in squash, throwing a false step in football or rugby to evade an opponent.</p> <p>Squat, is one of the most fundamental movements in sport and general life. Whether you're sitting down on a chair or competing in a power lifting event, you need to be able to squat.</p> <p>Pull movement patterns occur during the stroke in Rowing, tackling in Rugby and the pull phase in Swimming</p>	<p>THINK:</p> <ul style="list-style-type: none"> • TRUNK • HIPS • KNEES • FEET • ALIGNMENT

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<p>Push</p>		<p>Spine – Body remains straight and braced at all times. Head remains in neutral position 2. Position - Hands under shoulders, fingers facing forward 3. Shoulders remain 'down & back' 4. Elbows tight to ribs (no visible gap between elbows and ribs) 5. Lower chest to floor and return.</p>
<p>Brace</p>		<p>Body straight. Shoulders - down and back, support the weight on forearms and feet. Elbows directly below shoulders. Feet hip-width apart. Head neutral position.</p>
<p>Hinge</p>		<p>Body braced and straight. Shoulders back and down. Stand upright with feet hipwidth apart and toes pointing forward. Place palms on upper thighs fingers pointing down. Tilt from the hip, knees slightly bent. Weight stays through the heels</p>

<p>Physical Literacy – Knowledge</p>	
<p>Push occurs in a wide variety of sports, i.e. Netball, Rowing, Rugby and Swimming. All of which require the athlete to have strong pectoral, shoulder and abdominal muscles to effectively push.</p> <p>Bracing the core to achieve core stability is an essential motor skill that children must learn before developing more complex motor skills</p> <p>The hinge movement occurs around the hip and is an integral part of many sports, i.e. a tumble turn in Swimming, preparing for a swing in Golf and even kicking in Football. In sport the ability to stabilise and control the hinge during a double leg and single leg stance is paramount.</p>	<p><u>Strategies common to all movements</u></p> <p>THINK:</p> <ul style="list-style-type: none"> • TRUNK • HIPS • KNEES • FEET • ALIGNMENT

<p>Health and Wellbeing</p>	
<p>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 and it is something that is required in everyday life as well as in Sport and physical activity. We need to make sure that we are functionally fit for everyday life and can carry out daily activities and the movement patterns we learn in functional fitness help us to do this. Squats are needed to help us sit down or lift correctly, lunges are needed to help us reach things, bracing is needed to protect our back and maintain correct posture, pushing is required to put things away, pulling helps us to carry shopping and hinging helps us to lift our bags.</p>	

