



Guidance for Physical Educators

Movement Strategies (AS92016)

POSSIBLE CONTEXT	POSSIBLE STRATEGIES & CHARACTERISTICS
BADMINTON	<ul style="list-style-type: none"> anticipating and responding to the opposing player's position when selecting/placing the shot to create an attacking opportunity; varying the speed and power of the serve to move the opposing player to create an attacking opportunity.
	<ul style="list-style-type: none"> anticipating and responding to opponents play by quickly moving back to the T after each shot.
BASKETBALL	<ul style="list-style-type: none"> anticipating and responding to the opposition by changing direction quickly to move into space to receive the pass or score. ie. by a V cut or cut to the basket; anticipating and responding to the opposition when driving to the basket with coordination, purpose and fluidity to score. (ie using a jab step, ball fake etc to create the initial space).
	<ul style="list-style-type: none"> Zone Defence: anticipating and responding to the opposition by quickly moving into a set space on the court to mark the opposition players in this area so they don't receive the pass.
KAYAKING (SEA)	<ul style="list-style-type: none"> anticipating and responding to the wind or sea conditions by using an effective kayaking stroke when paddling to maintain a straight line; demonstrating a self rescue with coordination, fluidity and purpose to retain a balanced position in the kayak.
KĪ-O-RAHI	<ul style="list-style-type: none"> anticipating and responding to the opposition by changing of pace quickly to score or touch the pou; anticipating and responding to opposition by passing quickly and accurately into space for a team member to run on to and catch the kī; anticipating and responding to opposing players when passing into space to create an attacking opportunity; coordination when running strategic angles to create space for teammates to score.
	<ul style="list-style-type: none"> anticipating and responding to the opposition by quick footwork to change body position to deny the pass; defending the tupu by anticipating and responding to the defender player by ripping their tag and forcing them to pass the kī; anticipating and responding to the opposition by quickly positioning between the opposition and the tupu with my hands up to deflect the kī; quick sharp movements around tupu, coordinating with paired kaitiaki, body position, and controlling the kī when forced turnover.
MOUNTAIN BIKING	<ul style="list-style-type: none"> anticipating and responding to the terrain conditions by the selecting the appropriate line to take; anticipating and responding to the terrain conditions when cornering by adjusting the pace/ speed to make the next corner; anticipating and responding to other riders by adjusting pace/ speed to successfully negotiate the terrain.
NETBALL	<ul style="list-style-type: none"> anticipating and responding to the opposition by changing direction quickly to move into space.
	<ul style="list-style-type: none"> anticipating and responding to the opposition by quick footwork to change body position to deny the pass.
SQUASH	<ul style="list-style-type: none"> anticipating and responding to the opposing player's position when selecting/placing the shot; anticipating and responding to the opposing player by varying the pace/speed of the shot to create a winning shot.
	<ul style="list-style-type: none"> anticipating and responding to opponents play by quickly moving back to the T after each shot.
SURFING	<ul style="list-style-type: none"> riding the board straight down the wave with balance, coordination and fluidity; angling the board across face of wave using balanced and coordinated body position; riding the board along an open face wave changing direction by manoeuvring using balanced, coordinated body position.