

2024
AFL Planning Document



Main Features	Year 7 to 10
AFL outcome/vision	<p><i>"AFL academy students are expected to be committed, passionate and eager to engage in the content. Students will challenge themselves, promote good practice and build character through various components of the program. Students will recognise the opportunities they may be presented with over the course of their involvement with the program, with a view to real world application to better themselves and the community. By the conclusion of the program AFL academy students will demonstrate high levels of leadership, resilience, confidence, cultural understanding and coaching skills along with the consistent development of their AFL ability."</i></p>
Australian Curriculum Rationale	<ul style="list-style-type: none">• Learn how to enhance their own and others' health, wellbeing and physical activity participation in varied contexts.• Provided with an experiential curriculum that offers contemporary, relevant, challenging, enjoyable and physically active focuses.• Students develop the knowledge, understanding and skills to make decisions and take action to strengthen their sense of personal identity and autonomy, build resilience and developing relationships.• Learn to take a critical approach to questioning physical activity and health practices.• The acquisition of movement skills, concepts and strategies (AFL-related).• Develop an understanding of how the body moves, how to approach and resolve challenges and how to optimise movement performance.• Learn the benefits of physical activity to themselves, others and the community.

Moving Our Body – AFL Based

Year Group	Year 7	Year 8	Year 9	Year 10
Strand Outcomes	Movement skills and sequences within different <u>physical activity</u> contexts and settings (ACMP080)	<p>Movement skills and sequences within different <u>physical activity</u> contexts with a focus on:</p> <ul style="list-style-type: none"> increased accuracy and efficiency in skill performance control of balance and stability <p>(ACMP080)</p>	<p>Movement skills and sequences within different <u>physical activity</u> contexts reflecting:</p> <ul style="list-style-type: none"> increased speed and accuracy increased complexity <p>(ACMP099; ACPMP100)</p>	<p>Movement skills and sequences within different <u>physical activity</u> contexts reflecting:</p> <ul style="list-style-type: none"> increased complexity transference of learned skills to new activities <p>(ACMP099; ACPMP100)</p>
	Strategic skills and <u>tactical skills</u> used to create, use and defend space (ACMP080)	Strategic skills and <u>tactical skills</u> used to create, use and defend space, such as altering body positions and applying specific tactics (ACMP081)	Tactical skills used to create, use and defend space, such as selection of positions (ACMP101)	Evaluation, selection and implementation of responses to changing conditions based on the outcome of previous performances (ACMP101)
	Defensive skills used to gain <u>control</u> and retain possession (ACMP080)	<p>Defensive skills used to achieve and retain possession (ACMP081)</p> <p>Selection of, and transfer of, tactics between movement contexts and settings (ACMP082)</p>	Selection and adaption of responses to the outcome of previous performances (ACMP101)	
AFL Topics Includes	<ul style="list-style-type: none"> Positions and understanding of the key roles of each. Movement patterns to create space for teammates. 	<ul style="list-style-type: none"> Styles of play and when to implement them. (Fast, slow, possession, surge) Defensive positioning Forward positioning Midfield positioning Roles of positions 	<ul style="list-style-type: none"> Skill execution when under pressure/in traffic Defensive patterns Forward patterns Midfield patterns Roles of positions Approach to a contest with knowledge of opponent. 	<ul style="list-style-type: none"> Quarter-by-quarter approaches to a game. How to combat styles of play Skill execution when under pressure/in traffic. Evasion skills inside and outside of a contest
AFL Assessment	<p>Skills Checklist – Stationary targets.</p> <p>Gameplay/small sided games analysis to determine understanding of tactical and defensive skills.</p>	<p>Skills Checklist – Moving targets.</p> <p>Gameplay/small-sided games analysis to determine understanding of movement patterns/game situation awareness.</p>	<p>Skills Checklist – Moving targets under pressure</p> <p>Gameplay/small-sided games analysis to determine understanding of movement patterns/game situation awareness. Response to opponent.</p>	<p>Skills Checklist – Moving targets under pressure</p> <p>Draft Combine results</p>

Understanding Movement – AFL Based

Year Group	Year 7	Year 8	Year 9	Year 10
Strand Outcomes	<p>Ways in which physical activities improve elements of health and fitness:</p> <ul style="list-style-type: none"> increased flexibility increased strength improved balance increased endurance increased power lowered heart rate lowered cholesterol improved body composition by lowering percentage of body fat <p>(ACPMPO83)</p>	<p>Measurement of the body's response to <u>physical activity</u>:</p> <ul style="list-style-type: none"> heart rate breathing/respiration <p>(ACPMPO83)</p>	<p>Measurement of the body's response to <u>physical activity</u>:</p> <ul style="list-style-type: none"> flexibility strength balance endurance <p>(ACPMPO102)</p>	<p>Measurement of the body's response to <u>physical activity</u>:</p> <ul style="list-style-type: none"> hydration perceived exertion rating <p>(ACPMPO102)</p>
		<p>Description of movement using basic terms referring to:</p> <ul style="list-style-type: none"> linear motion angular motion general motion <p>(ACPMPO84)</p>		<p>Biomechanical concepts:</p> <ul style="list-style-type: none"> acceleration absorption of force by the body <p>(ACPMPO103)</p>
				<p>Analysis of impact of changes to effort, space and time on performance and quality of outcome (ACPMPO103)</p>
AFL Topics Includes	<ul style="list-style-type: none"> Understanding of fitness and ways to develop Different forms of fitness – which is best applied to AFL Ways in which physical activities improve elements of AFL performance (flexibility, strength, balance, endurance, power, heart rate, body composition) 	<ul style="list-style-type: none"> Skills under fatigue Designing ball movement patterns to manipulate space and their relationship to other players in the area. Explaining how team & individual performance improved through changes to effort, space and time. 	<ul style="list-style-type: none"> Physical performance under fatigue Manipulation of ball drop and contact point to affect kick outcomes. Demonstration of safe ways to make contact with opponents to gain advantageous positions 	<ul style="list-style-type: none"> AFL in relation to the perceived exertion rating (RPE) Explaining how team & individual performance improved through changes to effort, space and time Coaching Clinics
AFL Assessment	Impact of fitness elements on AFL performance project (group)	Ball movement project – choose a gameplay situation (kick ins, inside 50, centre bounce, around the ground stoppage) and design a set play.	Fatigue Body Response Peer Testing	<p>RPE Project</p> <p>Coaching Clinic Project</p>

Learning Through Movement – AFL Based

Year Group	Year 7	Year 8	Year 9	Year 10
Strand Outcomes	Communication skills that support and <u>enhance</u> team cohesion, such as body language and listening skills (ACMP088)	Modification of rules, equipment or scoring systems to allow for fair play, safety and inclusion of all participants (ACMP088)	Skills and strategies for effective leadership, including teamwork and motivation (ACMP105)	Skills and strategies to improve team performance, such as: <ul style="list-style-type: none"> • motivation • team-work • leadership (ACMP106)
	Ethical behaviour and fair play when participating in physical activities (ACMP088)	Selection and justification of responses selected to <u>solve movement challenges</u> (ACMP087)	Transfer of skills and tactics between physical activities (ACMP106)	Management of participation and rules during physical activities (ACMP107)
			Characteristics of fair play and application of fair and <u>ethical</u> behaviour in <u>physical activity</u> (ACMP107)	
AFL Topics Includes	<ul style="list-style-type: none"> • Ability to take on feedback and apply in game • Displaying sportsmanship in an AFL setting. 	<ul style="list-style-type: none"> • Modified AFL games to suit all abilities • Movement in relation to opponent positioning 	<ul style="list-style-type: none"> • Application of small-sided game skills into AFL. • Umpiring Courses 	<ul style="list-style-type: none"> • Self-motivation skills • Mindfulness skills • Coaching skills
AFL Assessment	Attitude in class and during games Consistent display of good sportsmanship	Attitude in class and during games Ability to take on feedback & give constructive feedback/positive instructive language Consistent display of good sportsmanship	Attitude in class and during games Ability to take on feedback & give constructive feedback/positive instructive language Consistent display of good sportsmanship Umpiring ability	Attitude in class and during games Ability to take on feedback & give constructive feedback/positive instructive language Consistent display of good sportsmanship Coaching Ability