

# SPRT 3023 MEANINGFUL MOVEMENT IN PE

**Credit Points** 10

**Coordinator** Rhiannon White ([https://directory.westernsydney.edu.au/search/name/Rhiannon White/](https://directory.westernsydney.edu.au/search/name/Rhiannon%20White/))

**Description** This subject specifically focuses on key year 7-10 Australian HPE curriculum requirements in the practical activities of gymnastics, dance, athletics, and aquatics, which are some of the more unfamiliar and challenging movement environments that form part of PDHPE teaching in schools. Skills will be developed and practiced in practical workshops allowing students to acquire a level of understanding and mastery of movements. Students will also be guided in drawing connections between these more traditional sport-based activities and other recreational and lifestyle physical activities. This will prepare graduates to be able to design innovative and creative learning opportunities that expose school students to a variety of physical activity learning opportunities within physical education whereby students' movement knowledge can be directly translated into active pursuits and interests outside of school. Students' learning will be guided by meaningful movement pedagogy and discovery-based teaching strategies.

**School** Health Sciences

**Discipline** Sport and Recreation Activities

**Student Contribution Band** HECS Band 4 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

**Pre-requisite(s)** SPRT 2013

**Equivalent Subjects -**

**Restrictions**

4791 - Bachelor of Health and Physical Education (Pathway to Teaching Education), 4792 Bachelor of Health and Physical Education, 1939 B Education (Secondary)

**Assumed Knowledge**

Completion of 400798: Games for Diverse Groups for knowledge about introduction physical education pedagogy as well as completing two (2) introductory coaching certificates.

## Learning Outcomes

After successful completion of this subject, students will be able to:

1. Demonstrate skill competencies and explain movement principles across a range of unfamiliar and challenging movement environments including gymnastics, dance, athletics, and aquatics.
2. Illustrate how movement skills and concepts can be transferred, adapted to, or applied to a range of movement environments, to solve complex movement challenges.
3. Use curriculum, effective teaching strategies, and principles of meaningful physical education to design quality learning opportunities and plan for teaching.
4. Creatively draw connections between PDHPE content and lifelong physical activity.

## Subject Content

- Meaningful movement
- Meaningful PE
- Rhythmic and expressive movement
- Gymnastics, dance, athletics, and aquatics
- Lifelong physical activity
- Pilates, yoga, barre, CrossFit
- Swimming, lifesaving, recreational aquatic activities
- Transfer of movements competencies across unfamiliar and challenging movement environments
- Mechanical principles of movement
- The human body in motion
- Discovery-based pedagogy
- Learner designed teaching
- PDHPE Curriculum
- NSW Teaching standards
- Department of Education swimming and water safety guidelines
- Teacher expertise and experience in swimming, supervision, scanning, and rescue

## Special Requirements

Legislative pre-requisites

Students must have completed a Child Protection Course and Working with Children Check.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Practical	Approximately 40 minutes	40	Y	Individual	Y
Professional Task	No word limit	40	Y	Individual	Y
Professional Task	Max of 5 minutes	20	N	Individual	N

Teaching Periods

## Autumn (2025)

### Penrith (Kingswood)

**On-site**

**Subject Contact** Rhiannon White ([https://directory.westernsydney.edu.au/search/name/Rhiannon White/](https://directory.westernsydney.edu.au/search/name/Rhiannon%20White/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=SPRT3023\\_25-AUT\\_KW\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=SPRT3023_25-AUT_KW_1#subjects))