

Movement Sequence

Learning Area Health & PE

Year Level Year 3 - 6

Introduction

In this lesson, students will explore movement sequences for different sports using immersive technology. They'll choose a sport through the All-In-One Sports VR app and analyse the skills required. Using interactive tools, students will practise creating and refining their own movement sequences, applying the elements of effort, space, and timing. They'll deepen their understanding of how various movements come together in different sports. This lesson fosters creativity, motor skills, and collaboration.

Application

All-in-One Sports VR

A collection of 13 sports activities in a single VR game, offering a contact-free, immersive experience that helps students explore physical skills in a safe virtual environment. Students will focus on a sport of their choice to study movement and skill patterns.



Lesson Overview

Lesson Objectives

- Understand the importance of effort, space, time, and coordination in sport-based movement sequences.
- Develop and perform a sport-specific movement sequence.

Resources

• <u>https://setpose.com/</u>

Lumination Learning Lab

Lesson Bytes Teaching ideas for immersive learning

• Utilise digital tools to visualise and refine movements.

Lesson Outline

• Ensure that all VR equipment (headsets, controllers, sensors) and software/applications are properly set up and functioning.

Before the Immersive Learning Journey

- Ensure students are familiar with the concept of movement sequences in sports, highlighting key elements like effort, space, and time.
- Review the basic movement sequences found in sports like basketball, badminton, tennis, ect to give students context for their choices.
- Teachers may want to provide the reflective worksheet to guide students' thinking and proposal.

IMVR Station:

Students will need to work in small groups to use the All-in-One Sports VR app to explore the movements involved in a chosen sport. They'll analyse the skills needed and focus on a specific movement sequence (e.g., basketball dribbling and shooting, or a badminton serve) to break down. One partner will be in the experience demonstrating the breakdown of a particular movement, while others in the group will either illustrate the movements involved or write a detailed description. Depending on time, students can then rotate and complete a few movement sequences.

Creation Station:

Students will use <u>SetPose</u> to manipulate an online mannequin, showing the key steps and positions in their chosen movement sequence. They'll digitally recreate the motions they observed in IMVR (if this is their second station), highlighting effort, timing, and spatial awareness. If this is their first station, students can create movement sequences for movements they are familiar and confident with, then test them out while in IMVR. Once the mannequin is positioned, students are to take a screenshot of their screen, before adjusting the mannequin to show the flow of movement.

NOTE: On the website, under "Pose Presets" students can find relevant starting points to then manipulate to show movement. Students can screenshot their screen without creating an account to save images.

During the Immersive Learning Journey



Creativity Station:

Students will work in pairs or groups to combine different sport-based movement sequences/steps to create their own fitness or dance routine. They might include a basketball dribble followed by a jumping motion or a tennis swing combined with a footwork sequence. Students will practise their routines and adjust movements to ensure smooth transitions and a good rhythm. They will need to draw or write down the key steps once finalised to document their routine.

After the Immersive Learning Journey

Discussion Questions:

- 1. What did you learn about the key elements of effort, space, and time while creating your movement sequence?
- 2. How did using the VR experience help you understand the movements better?
- 3. What adjustments did you make to improve your movement sequence during the creation process?
- 4. How did combining different sports movements help you create your fitness/dance routine?

Additional Activities:

Students could research their sport further, learning about professional athletes and how they train for these movement sequences.