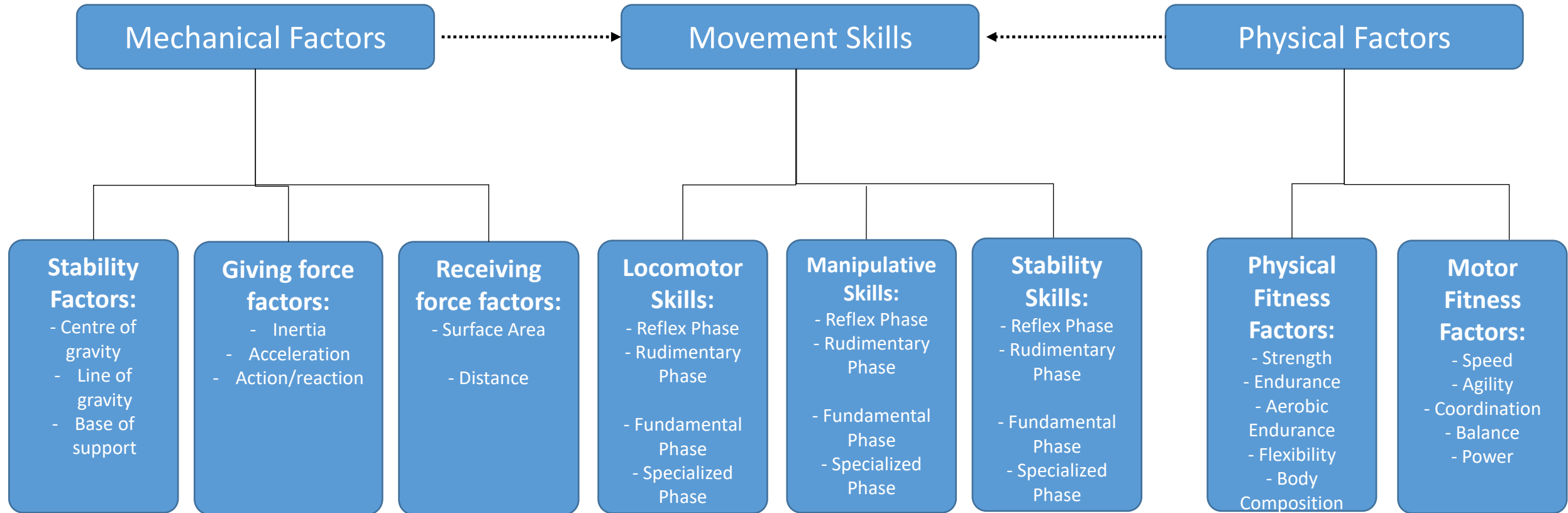


What to Assess in Physical Education?

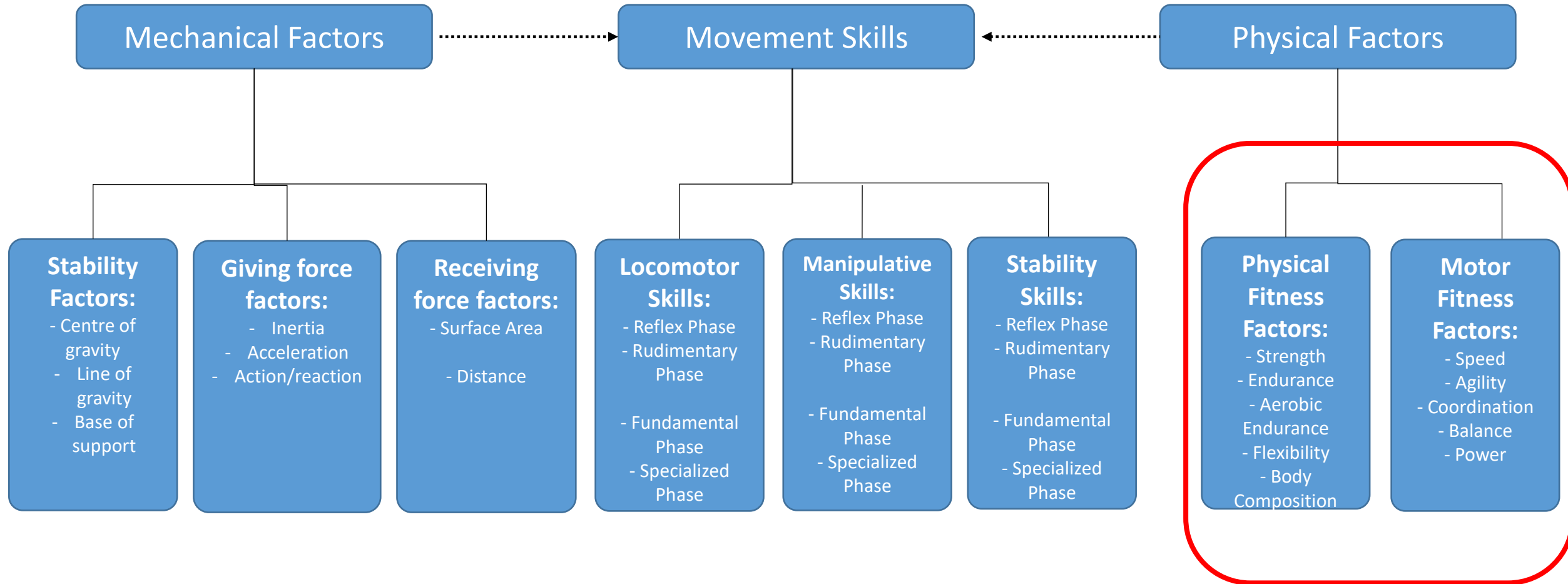
- Physical Competence

Dr Dylan Blain

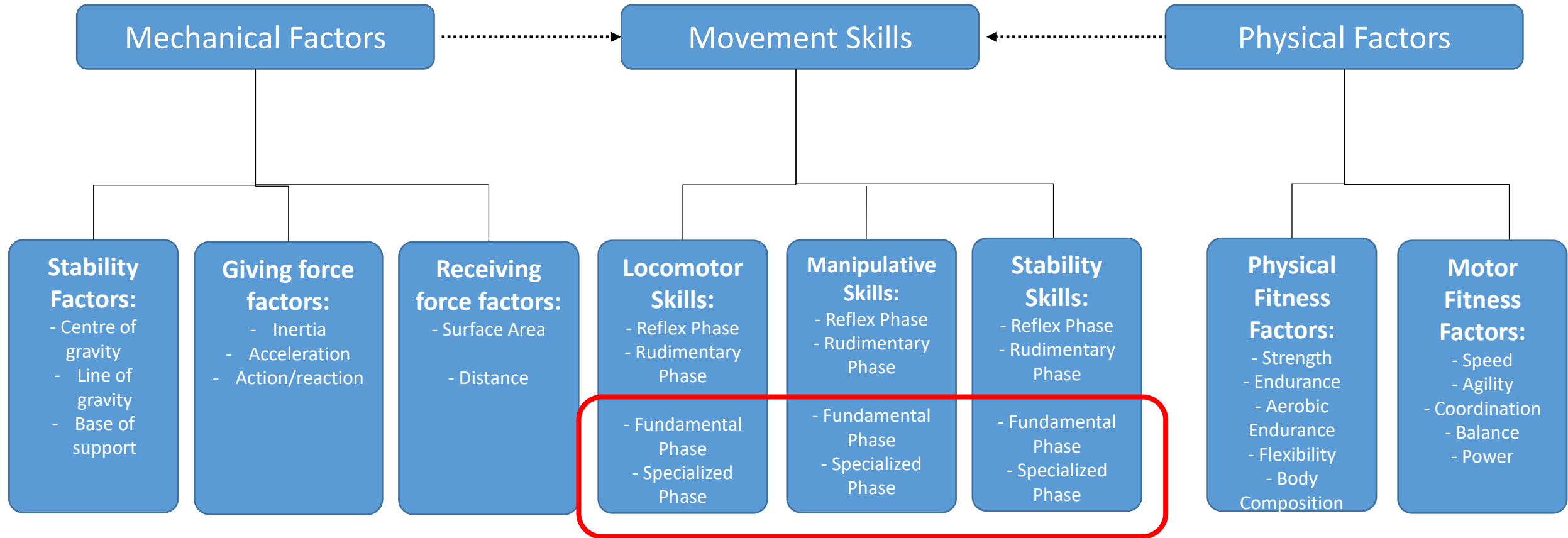
What do we mean by
Physical Competence?



Physical and mechanical factors that affect the development of movement potential at all phases of motor development (from Gallahue, Ozmun & Goodway, 2012, p.81)



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Hulteen et al. (2018). Development of Foundational Movement Skills: A Conceptual Model for Physical Activity Across the Lifespan

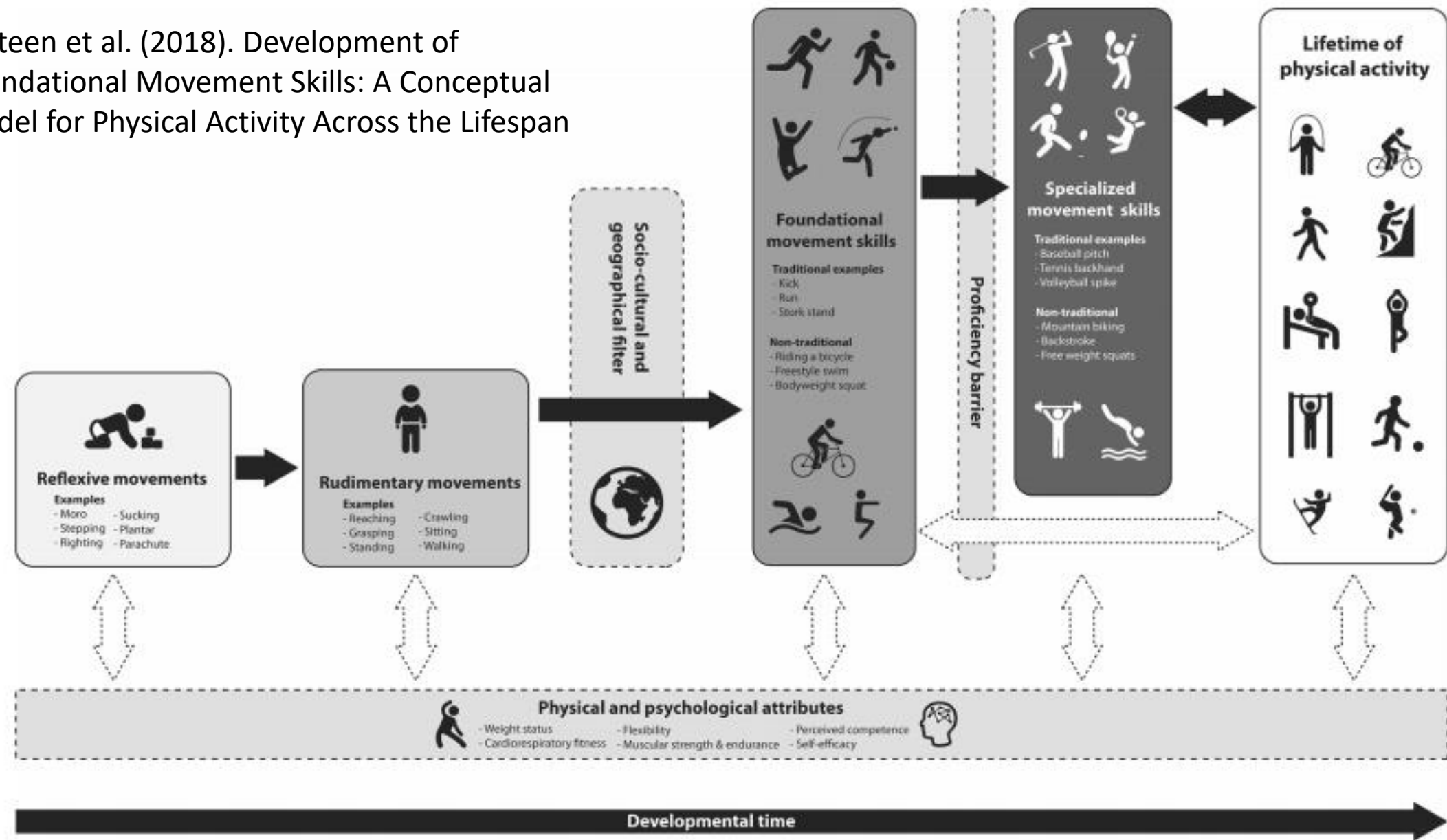


Fig. 1 Development of foundational movement skills for physical activity across the lifespan. *Black arrows* indicate previously hypothesized pathways; *white arrows* and *dotted boxes* indicate newly hypothesized pathways/components unique to this conceptual model

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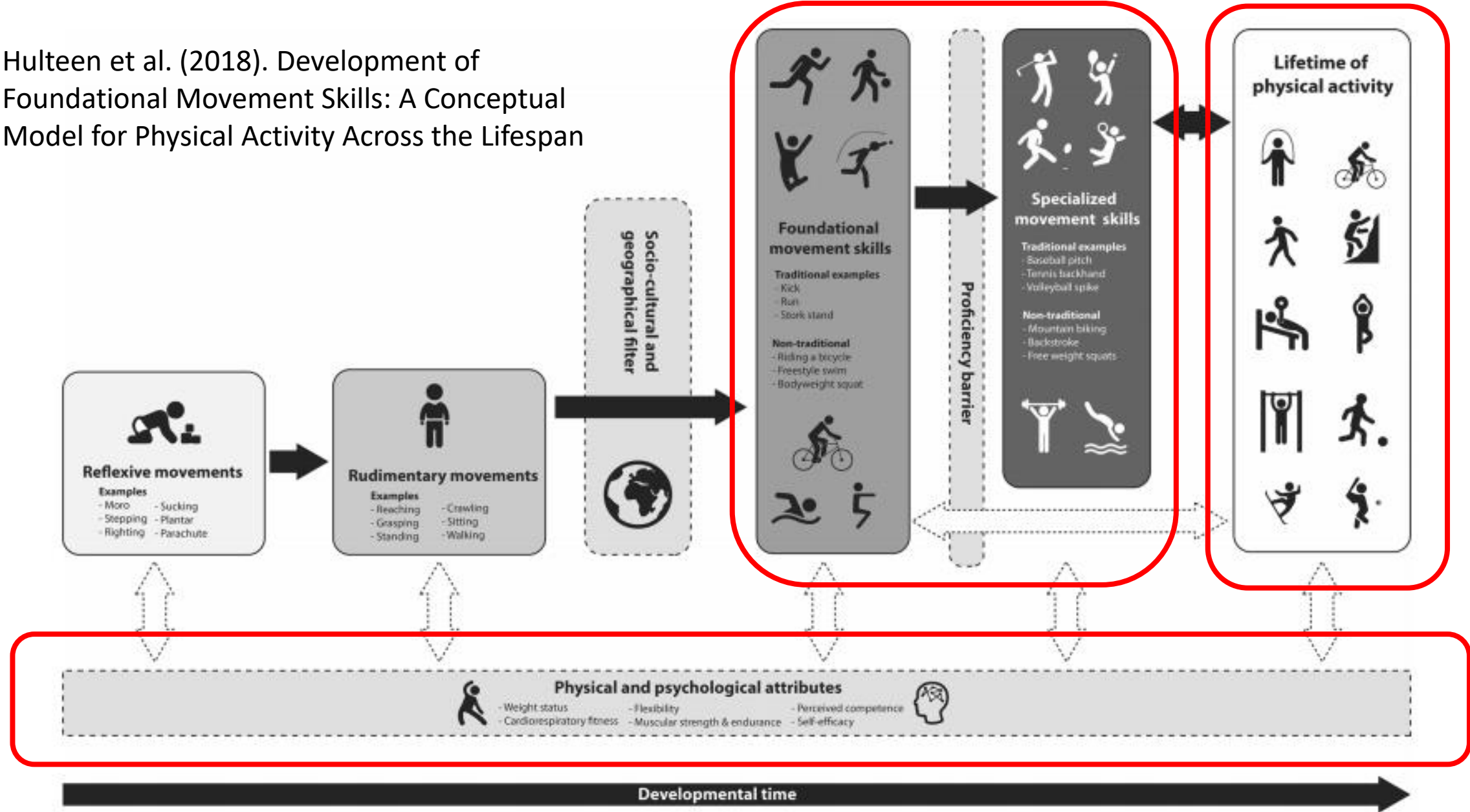


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Foundational Movement

Foundation Movement	Fundamental Sports Skills	Sport & Play Skills	Activities of daily Living
Squat	Vertical Jump, sprint, hop, dodge, side gallop	?	?
Lunge	Sprint run, skip, hop, dodge, kick, static balance, catch, side gallop	?	?
Push Up	Overarm throw, strike	?	?
Pull Up	Throw, catch, strike	?	?
Hinge	Vertical jump, overarm throw, kick, dodge	?	?
Rotation	Sprint run, overarm throw, kick	?	?
Brace	Static balance, overarm throw, kick, sprint run, dodge	?	?

(Tompsett, Burkett & McKean, 2014)

References

Gallahue, D., Ozmun, J. C. & Goodway, J. D. (2012) Understanding Motor Development (7th ed.). New York :McGrawHill

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