

Curriculum Friendly & XTREMELY Fun

Urban Xtreme recreational sporting programs work alongside the Australian Curriculum Health and Physical Education Framework to deliver health education that is adventurous and widely appealing.

This Framework demonstrates key connections with health and physical education outlined in the Australian Curriculum.

Urban Xtreme offers activities such as indoor simulated Skiing and Snowboarding, Trampolining, Laser Tag, Ninja Warrior & Parkour, and has a climbing gym on the way. All our activities are sun safe, and fully compliant with safety requirements.

Our aim is to create opportunities for students to develop knowledge, understanding and skills that lead to healthy, safe and active lives.

“When students find sports they enjoy, they are much more likely to stick with it for longer”

Laying the Foundation Year level Connections (Prep)

Australian Curriculum	Learning Outcomes	Connecting Learning Outcomes with activities at UX
<p>Personal, Social and Community Health ACPPS002 ACPPS003 ACPPS004 ACPPS006 ACPPS007</p> <hr/> <p>Movement and Physical Activity ACPMP008 ACPMP009 ACPMP010 ACPMP011 ACPMP012 ACPMP013 ACPMP014 ACPPS001</p>	<ul style="list-style-type: none"> • Name parts of the body. • Demonstrate protective behaviours and actions to keep themselves and others safe and healthy. • Practise personal and social skills to interact positively with others. • Identify actions that promote health, safety, and wellbeing. • Exploring a range of ways to play and be active indoors. <hr/> <ul style="list-style-type: none"> • Practise fundamental movement skills and movement sequences using different body parts and exploring how their body moves in relation to space, people and effort. • Participate in games with or without equipment. • Explore how regular exercise keeps individuals healthy and well. • Cooperate with others and testing solutions to movement challenges when participating in exercises. • Identifying personal strengths and preferences, and following rules when participating in games or physical activity. 	<ul style="list-style-type: none"> • “Direct teaching” of the components of basic motor skills in trampolining/skiing/climbing/simple Laser Tag Games. Being made aware of the names of parts of our body while following instructions. • Students follow Urban Xtreme teacher’s <i>safety procedures</i> on <u>all</u> equipment/activities. • Develop and explore a variety of physical activities, activities that they can continue to participate in, with <i>CONFIDENCE in the future</i>. • All activities, <i>students learn fundamental movement skills, develop strength and balance</i>, in skiing, basic jumping skills, balancing, climbing, sliding, running, walking, and playing games with others. • <i>Students Participate in cooperative games and tasks</i>, during Laser Tag, and on trampolines, climbing wall, indoor play area, and ski slopes. E.g. laser team- tag, relays, dodge ball, tag, basketball, catching and throwing balls etc. • <i>Students access a variety of activities, with numerous opportunities to find personal preferences and individual skills</i>.

Junior Primary - Years 1 and 2

Australian Curriculum	Learning Outcomes	Connecting Learning Outcomes with activities at UX
<p>Personal, Social and Community Health ACPPSO18 ACPPSO19 ACPPSO20 ACPPSO23</p> <hr/> <p>Movement and Physical Activity ACPMPO25 ACPMPO27 ACPMPO28 ACPMPO29 ACPMPO30 ACPMPO31 ACPMO32</p>	<ul style="list-style-type: none"> • Demonstrate protective behaviours and actions that promote safety, health and wellbeing. • Practise personal and social skills to interact positively with others. • Identify actions that promote health, safety, and wellbeing. • Exploring a range of ways to play and be active indoors. <hr/> <ul style="list-style-type: none"> • Practise fundamental movement skills and movement sequences using different body parts and exploring how their body moves in relation to space, people and effort. • Participate in games with or without equipment. • Explore how regular exercise keeps individuals healthy and well while exploring the body's reactions to exercise. • Cooperate with others and testing solutions to movement challenges when participating in exercise/physical games. • Participating in locomotor movements. 	<ul style="list-style-type: none"> • <i>Follow Urban Xtreme teacher's safety procedures on all equipment; this includes the importance of rest between activities in relation to the difficulty of the exercise and how the body responds to various exercise/games.</i> • Develop and explore <i>a variety of physical activities, most non-competitive, <u>inclusive to children not confident in sports</u>, that they can participate in, with CONFIDENCE in the indoors.</i> • Participate in cooperative games that encourage positive interactions, team work, with the emphasis on <u>rules and fair-play</u> during Laser Tag, and on trampolines, climbing wall, indoor play area, and ski slopes. E.g. relays, dodge ball, tag, basketball etc. • Participate in fundamental movement skills, loco motor movement, and movements to music/movement to rhythm while developing strength and balance. • Problem solving movements while doing rock climbing/and simple Laser Tag Games.

Junior Primary - Years 3 and 4

Australian Curriculum	Learning Outcomes	Connecting Learning Outcomes with activities at UX
Personal, Social and Community Health ACPPSO35 ACPPSO36 ACPPSO38 ACPSO40 ACPPSO41 ACPPSO42	<ul style="list-style-type: none"> • Demonstrate protective behaviours and actions that promote safety, health and wellbeing. • Identify actions/applying strategies that promote health, safety, and wellbeing while doing a variety of physically and Emotionally Challenging activities. 	<ul style="list-style-type: none"> • Follow Urban Xtreme teacher’s safety procedures on all equipment; this includes the importance of <i>independence</i> during activities, and alerting a teacher when they feel unsafe and need assistance. • Develop and explore a variety of physical activities that they can participate in the indoors. <i>Apply innovative and creative thinking</i> in solving movement challenges during laser tag, rock climbing and the Ninja course.
Movement and Physical Activity ACPMPO43 ACPMPO45 ACPMPO46 ACPMPO47 ACPMP108 ACPMPO48 ACPMPO49 ACPMO50	<ul style="list-style-type: none"> • Practise fundamental movement skills and <i>movement sequences</i> using different body parts and exploring how their body moves in relation to space, people and effort. • Participate in various activities, and games with or without equipment, including sequence of movements following rules and working as a team. • Explore how regular exercise keeps individuals healthy and well, and <i>recognise and take part in the activities of other cultures e.g. skiing.</i> • Participating in loco motor movements. 	<ul style="list-style-type: none"> • Participate in cooperative games that encourage positive interactions, CONFIDENCE, team work, with the emphasis on <i>rules and fair-play</i> on trampolines, Laser tag, climbing wall, indoor play area, and ski slopes. E.g. relays, dodge ball, tag, basketball etc. • All activities, <i>students learn fundamental movement skills</i> and sequences, develop strength, and balance in skiing, jumping, balancing, twisting and turning: <i>Trampolining Combinations</i>; climbing, sliding, running, walking, playing games with others.

Middle School - Years 5 to 8

Australian Curriculum	Learning Outcomes	Connecting Learning Outcomes with activities at UX
<p>Personal, Social and Community Health ACPPSO54 ACPPSO73 ACPPSO58 ACPPSO59 ACPPSO78</p> <hr/> <p>Movement and Physical Activity ACPMPO61 ACPMPO80 ACPMPO64 ACPMPO84 ACPMPO66 ACPMPO86 ACPMPO68 ACPMPO69 ACPMPO87 ACPMPO88</p>	<ul style="list-style-type: none"> • Demonstrate behaviours and actions that promote safety, health and wellbeing. • Identify actions/applying strategies that promote health, safety, and wellbeing while doing a variety of physically and Emotionally Challenging activities. <hr/> <ul style="list-style-type: none"> • <i>Practise fundamental movement skills, movement sequences and situations, exploring how their body moves in relation to space, people and effort.</i> • Participate in various activities, and games with or without equipment, including sequence of movements following rules and working as a team. • Explore how regular exercise keeps individuals healthy and well, and <i>recognise and take part in the activities of other cultures e.g. skiing.</i> • Create Fitness Plans. 	<ul style="list-style-type: none"> • Work in conjunction with Urban Xtreme teacher's to create/highlight safety procedures on all equipment; this includes the importance of <i>independence/initiative</i> during activities, and alerting a teacher when they/others feel unsafe or need assistance. • <i>Apply innovative and creative thinking</i> in solving movement challenges during rock climbing, Laser Tag, trampolines and the Ninja course. • Create Fitness Plans, in conjunction with Urban Xtreme staff, and create safe games when participating on Urban Xtreme Equipment. • Participate in challenging cooperative games that encourage positive interactions, team work, with the emphasis on instilling CONFIDENCE, <i>rule following, fair-play, ethical behaviour, and self-regulatory behaviour.</i> • All activities, <i>students learn fundamental movement skills, build strength, balance and movement sequences, during a variety of Laser Tag Games, snowboarding and skiing, Trampolining Combinations and sequences; Ninja Course applications.</i>

Teenagers - Years 9 and 10

Australian Curriculum	Learning Outcomes	Connecting Learning Outcomes with activities at UX
Personal, Social and Community Health ACPPS091 ACPPS093 ACPPS094 ACPPS095 ACPPS096 ACPPS098	<ul style="list-style-type: none"> • Demonstrate personal and social behaviours and actions that promote safety, health and wellbeing. • Recognise when working as a team how decisions can be made to promote respectful, ethical relationships. • Recognise how diverse communities can participate in physical activities. 	<ul style="list-style-type: none"> • Work in <u>conjunction</u> with Urban Xtreme teacher's to create/highlight safety procedures on all equipment; this includes the importance of <i>independence/initiative</i> during activities, and alerting a teacher when they/others feel unsafe or need assistance. • <i>Apply innovative/ creative thinking/problem solving</i> in solving movement challenges, building strength, and balance during rock climbing, various Laser Tag game styles, trampoline advanced skills, and the Ninja course. • Create Fitness Plans, for themselves and others, in conjunction with Urban Xtreme staff, and create safe games when participating on Urban Xtreme Equipment.
Movement and Physical Activity ACPMPO99 ACPMP101 ACPMP102 ACPMP103 ACPMP105 ACPMP106 ACPMP107	<ul style="list-style-type: none"> • <i>Practise and</i> create solutions to movement challenges <i>and refine specialised movement skills.</i> • Explore how regular exercise keeps individuals healthy and well, and <i>recognise and take part in the activities of other cultures e.g. skiing.</i> • Participate in fair play/ethical behaviour during team activities and demonstrate leadership and collaboration skills. • Create individualised Fitness Plans. 	<ul style="list-style-type: none"> • Participate in challenging cooperative games that encourage positive interactions, team work, with the emphasis on <u>rules, fair-play, ethical behaviour, Leadership, instilling CONFIDENCE and collaboration skills.</u> • All activities, <u>students learn fundamental movement skills and sequences, during a variety of Laser Tag Games, snowboarding and skiing, Trampolining Combinations and sequences; Ninja Course applications.</u>

