

An illustration of a diverse group of children playing basketball on a grassy field. In the foreground, a boy in a blue jersey is seen from behind, reaching out towards a basketball. To his right, a girl in a red jersey is also reaching out. In the background, several other children in various colored jerseys (yellow, green, blue) are running and watching the play. A large orange basketball is in the center of the action. The scene is set outdoors on a green field with a fence in the background.

Movement Skills and Healthy Relationships

Grade 6 Physical Education and Wellness: building skilled movers and strong teammates

What Are Movement Patterns?

- A pattern is a way the body moves in response to a stimulus, like a whistle, a ball, or music.
- Similar patterns show up across many different activities, such as throwing in baseball and throwing in team handball.
- Practising a pattern helps you get better at it in every sport that uses it.
- First Nations, Métis, and Inuit games use unique movement patterns that build skill in creative ways.
- Adding objects, tempo, or rhythm can make movement patterns more creative and challenging.

Controlled vs. Dynamic Activities

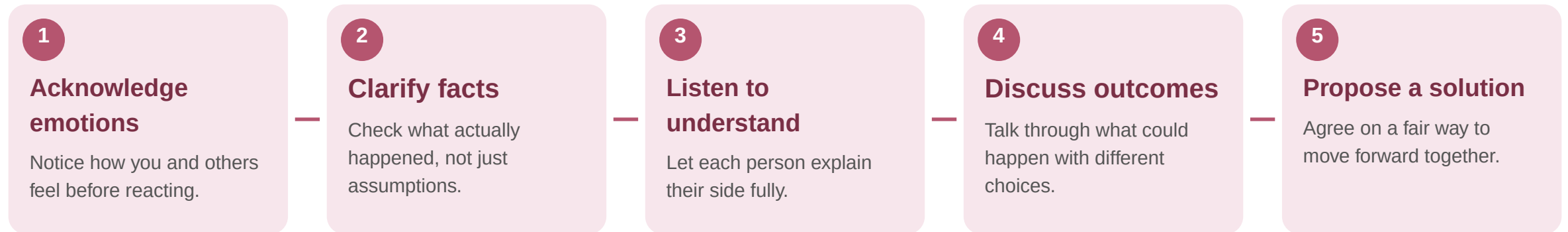
Controlled

Controlled activities are structured and can be done alone or with a partner. They let you repeat a movement skill again and again until it feels natural, like practising a free throw or a dribble drill.

Dynamic

Dynamic activities are less structured, fluid, and always changing. They need quick decisions and fast adjustments to your movement, like reacting to a defender in soccer or a teammate's pass in basketball.

Five Steps to Resolve Conflict on a Team



Cooperation and Competition Change Conflict

Cooperative games

Everyone works toward one shared goal, so conflict often centres on sharing roles or ideas.

Competitive games

Teams or players work against each other, so conflict can involve rules, fairness, or winning.

Adjusting thinking

Group members may need to change their thinking or actions to resolve a disagreement.

Team collaboration

Working out a resolution together, not alone, builds a stronger team.

Putting It All Together

This unit connects two skills that make physical activity work well: adapting movement patterns for controlled and dynamic situations and using conflict resolution to keep teams strong. Skilled movers who can also solve disagreements fairly help every game run smoothly, whether it is cooperative or competitive.

Think of a game you played recently. What movement pattern did you use, and did your team need to resolve any conflict during it?