

Movement Skills and Healthy Relationships

Time: 20 min. 6 questions.

Instructions

Answer each question in full sentences where needed. Think back to what we practised in the gym this term, including movement patterns and working through conflict with a partner or team. Do your best on your own.

Questions

1. Which statement best describes the difference between controlled and dynamic physical activities?

- A) Controlled activities are always team sports, and dynamic activities are always individual sports.
- B) Controlled activities allow repeated practice of a skill, while dynamic activities are fluid and require quick decisions.
- C) Controlled activities have no rules, while dynamic activities always follow strict rules.
- D) There is no real difference between controlled and dynamic activities.

([Knowledge](#))

2. Name two practices that can help a team manage conflict during a game. ([Knowledge](#))

3. True or false: Individuals and groups can experience conflict differently depending on whether the situation is cooperative or competitive. ([Knowledge](#))

4. Which of these can help make a movement pattern more creative?

- A) Always repeating the exact same steps in the exact same order
- B) Adding an object, or changing the tempo and rhythm of the movement
- C) Removing all stimuli from the activity
- D) Doing the activity alone in silence

([Knowledge](#))

5. A gym class list of ways to manage conflict includes acknowledging emotions, clarifying facts and understanding, listening to understand, discussing possible outcomes, and proposing solutions. Calculate the total number of practices on this list and multiply by 2. ([Knowledge](#))

6. During a competitive game, why might a group need to adjust their thinking or actions to resolve a conflict? ([Understanding](#))

Curriculum coverage

Question	Outcome alias
1	Knowledge
2	Knowledge
3	Knowledge
4	Knowledge
5	Knowledge
6	Understanding

Answer key

1. B) Controlled activities allow repeated practice of a skill, while dynamic activities are fluid and require quick decisions. Controlled activities are structured and repeatable, while dynamic activities are limited in structure and require immediate decision making ([Knowledge](#)).
2. Any two of: acknowledging emotions, clarifying facts and understanding, listening to understand, discussing possible outcomes, proposing solutions. These are the practices used to manage conflict during physical activity ([Knowledge](#)).
3. True. Individuals and groups can experience conflict differently in both cooperative and competitive situations ([Knowledge](#)).
4. B) Adding an object, or changing the tempo and rhythm of the movement. Creativity in movement can be supported by including objects and changing tempo and rhythm ([Knowledge](#)).
5. 10. There are 5 practices on the list, and 5 multiplied by 2 equals 10 ([Knowledge](#)).
6. Because cooperative and competitive situations may require group members to adjust their thinking or actions in order to resolve a conflict and keep the game working for everyone ([Understanding](#)).