

Movement Skills and Healthy Relationships

This sheet reviews how movement patterns can be adapted across controlled and dynamic activities, and how conflict resolution helps teams work well together ([Outcome](#), [Outcome](#)). Complete each question on your own. Then check your answers with the key at the end.

Exercises

1. Matching: Controlled or Dynamic

Match each activity description to the correct type of physical activity.

Description	Type (write A or B)
a) Practising free throws alone at the same spot	_____
b) Playing a full game of soccer with both teams moving	_____
c) Repeating a dance step with a partner, same steps each time	_____
d) Reacting to a fast break in a basketball scrimmage	_____

A) Controlled physical activity

B) Dynamic physical activity

2. Short answer

Explain one way a movement pattern you learned in one sport (for example, throwing) could transfer to a different physical activity. ([Understanding](#)).

3. Multiple choice

Which of the following is NOT one of the practices used to manage conflict during physical activity? ([Knowledge](#))

A) Listening to understand the other person's point of view

B) Ignoring the problem until the game ends

C) Clarifying facts and understanding what happened

D) Proposing a solution everyone can agree to

Circle your answer: A B C D

4. Fill in the blank

Creativity in movement can be supported by adding _____ or by changing the _____ and _____ of a movement. ([Knowledge](#))

5. Short response

Think of a time during a game or team activity when a disagreement happened (for example, a call on whether the ball was in or out). Describe:

a) What caused the conflict:

b) One practice from Exercise 3's list that could have helped resolve it:

c) Why teamwork requires collaboration to reach that resolution ([Understanding](#)):

6. True or False

Circle True or False for each statement.

a) Individuals and groups can experience conflict differently in cooperative versus competitive situations. True / False ([Knowledge](#))

b) Dynamic physical activities are highly structured and never require quick decisions. True / False ([Knowledge](#))

c) Movement patterns can be adjusted to improve accuracy and speed. True / False ([Skills](#))

d) A team's success cannot be affected by how well members manage conflict. True / False ([Knowledge](#))

Answer key

1. a) A, b) B, c) A, d) B
2. Any reasonable answer showing transfer of a movement pattern between two activities (for example, an overhand throwing motion used in both baseball and a javelin-style toss) is correct, per [Understanding](#).
3. B
4. objects; tempo; rhythm ([Knowledge](#))
5. Answers will vary; look for a clear cause, a named conflict-resolution practice from [Knowledge](#), and an explanation connecting collaboration to resolution per [Understanding](#).
6. a) True, b) False, c) True, d) False