

Movement Skills and Healthy Relationships

This sheet reviews how movement patterns can change for different activities. Students change and use movement patterns in controlled and dynamic physical activities ([Outcome](#), [Outcome](#), [Outcome](#)). Read each question carefully. Write your answers in the spaces provided.

Exercises

1. Matching: Controlled or Dynamic?

Match each activity description to the correct type of physical activity. ([Details](#)).

Activity Description	Controlled or Dynamic
A) Practising a basketball free throw alone at the hoop	_____
B) Playing a full game of soccer with both teams moving	_____
C) Repeating a jump-rope pattern with a partner counting	_____
D) Reacting to a defender's sudden change of direction in tag	_____

2. Multiple Choice

Which of these is NOT a way to help manage conflict during physical activity? ([Details](#))

- A) Listening to understand
- B) Ignoring the other person's feelings
- C) Clarifying facts and understanding
- D) Proposing solutions

Circle your answer: A B C D

3. Short Answer

Think of a movement pattern you learned in one activity. This could be a running stride or a throwing motion. Describe one way it could help you in a different activity. ([Details](#)).

4. Fill in the Blank

Complete the sentences using the word bank below.

Word bank: empathy, honest, diverse, respecting

- a) Being _____ with your teammates builds trust during a game.
- b) _____ others means treating them with fairness and consideration.
- c) Acknowledging _____ opinions helps a team work together better.
- d) _____ involves trying to understand or share the feelings of another person ([Details](#)).

5. Scenario Response

During a relay race, two teammates disagree about who should run the final leg. One teammate wants to run it because they feel confident. The other feels left out because they haven't had a turn yet.

Think of at least two ways to manage conflict from your class discussion. Write how the team could solve this disagreement. ([Details](#)).

6. Multiple Choice

Which statement best explains why thinking about other people's feelings helps build healthy relationships? ([Outcome](#))

- A) It lets you decide who is right without asking questions.
- B) It helps you understand feelings, thoughts, and needs that may be different from your own.
- C) It means everyone must agree on everything all the time.
- D) It is only important during competitive games, not cooperative ones.

Circle your answer: A B C D

Answer key

1. A) Controlled, B) Dynamic, C) Controlled, D) Dynamic
2. B
3. Answers will vary; look for a clear example of a movement pattern transferring between two activities (for example, an overhand throwing motion used in both baseball and volleyball serving).
4. a) honest, b) Respecting, c) diverse, d) Empathy
5. Answers will vary; look for at least two named practices such as acknowledging emotions, listening to understand, or proposing a fair solution (for example, alternating turns or a coin flip).
6. B