What’s happening in MYP classrooms?

Year 10 (5) Health and Physical Education:
Unit Question: How can an understanding of self defence techniques keep me safe?

Year 10 students recently explored how effective women learning self defence is in reducing cases of assault. There is somewhat of an issue associated with female self defence. One party suggests that an assault is the sole responsibility of the perpetrator and that the teaching of self defence implies that an assault can be prevented by the victim. The other party puts forward a research based argument that knowing when to flee and then if necessary resorting to verbal, followed by physical resistance reduces assault cases.

Two weeks of coaching from an instructor from the Adelaide Academy of Self Defence and Martial Arts gave students the opportunity to become proficient at a wide range of defence moves including blocks, punches and kicks. They were subsequently able to create and preform a well-choreographed self defence routine that had a minimum of 15 moves. An intensive research task that focused on developing an understanding of preventative measures that can be instituted to minimise assault gave students the opportunity to come to their own decisions as to the answer to the self defence issue.

What was unanimous though was that learning self defence was enormous fun and the completion of this unit left the girls feeling incredibly empowered.

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