

Table 15.2 Structured physical activity settings in relation to Movement Forms

<i>Movement Form</i>	<i>Structured physical activity</i>
Adventure	Climbing; abseiling; orienteering; skiing; skating; swimming strokes
Aesthetic and Expressive	Dance: modern, contemporary, jazz, ballet, tap; rhythmic gymnastics
Athletic	Gymnastics; track and field: javelin, discus, pentathlon, mile, relays, high jump, long jump, triple jump, hurdling
Competitive	Football; cricket; netball; bowls; volleyball; rugby; archery
Fitness and Health	Aerobics; pilates; circuits; rambling
Interactive/Relational	Dance: country, line, folk, social; synchronised swimming