**Question 7** (6 marks)

The following relates to *Move It Mob Style*, a television and online program developed by the Deadly Vibe Group (an Aboriginal media, public relations and events group of not-for-profit companies) with funding from the Australian Government.

*Move it Mob* *Style* is a 20 x 30-minute dance-based fitness program for television broadcast – and online. Currently in its fourth season of production, *Move it Mob Style* showcases Aboriginal and Torres Strait Islander hip hop and popular music. *Move it Mob Style* is all about good beats: using dance to stay healthy. With choreographers from all around the country, the program showcases the deadly dance moves found in communities all around Australia. Led by young people, *Move it Mob Style*gets the whole community up and moving, while listening to some of the best Aboriginal and Torres Strait Islander music on offer.

The guts of the program is a dance workout, with three routines per episode. There are 3 dancers or performers led by our host/instructor and a co-host/choreographer. The routine is a combination of different dance styles designed and developed by the co-host. Exercises and dance moves are repeated in each of the three tracks to help the audience learn the combinations. Scattered between these dance routines, and linked by our studio hosts, are pre-recorded segments.

From one episode to the next, different moves are shown and created from the moves collected in different communities – a *Move it Mob Style* ‘movement vocabulary’. Over the *Move It Mob Style* journey, we learn moves like ‘accelerate’, ‘fishing for barra’ and ‘reach for the stars’ to name a few.

Move it Mob Style is supported by Class Activity Worksheets that can be accessed on the *Move it Mob Style* website.

Now in its fourth season, it has been nominated for an ASTRA Award and two ATOM Awards, and continues to be well received by fans across the country.

Due to the success of *Move it Mob Style*, we have started delivering *Move it Mob Style* Live to communities around Australia.

Source: <https://www.deadlyvibe.com.au/about/our-work/move-it-mob-style/>

1. Briefly describe two action areas of the Ottawa Charter and explain how each is evident in the

*Move It Mob Style* program. 6 marks

An action area that is evident in the *Move It Mob Style* program is developing personal skills. In developing personal skills, education is a key aspect and allows people to gain health-related knowledge and skills, allowing them to make informed decisions that may indirectly affect health and wellbeing. The *Move It Mob Style* program has this action area evident in the program as it teaches new dances and skills which can be used to keep fit, promoting health and wellbeing, especially physical as it reduces risk of being overweight.

A second action area evident in the *Move It Mob Style* program is strengthening community action. Strengthening community action focuses on building links between individuals and the community, and centres around the community working together to achieve a common goal. This action area gives the community a sense of ownership of a health and wellbeing strategy and increases the likelihood of its effectiveness. Strengthening community action is evident in the *Move It Mob Style* program as the program is run by Aboriginal and Torres Strait Islander people and broadcasts different dances of many communities across Australia. This allows for young people around Australia in different communities to feel a link between them and their communities as well as others, which can promote health and wellbeing.