

# Learning Focus

## Learning Behaviour



### Know Where I am in my Learning

This unit focuses on developing every child's ability to know where they are in their learning and use this to help improve their performance through practice.

## Fundamental Movement Skills

### Unit 1A

#### Coordination

Footwork

#### Static Balance

One Leg Balance

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

### Unit 1B

#### Coordination

Sending and Receiving

#### Static Balance

Stance

In this unit, the children will develop and apply their sending and receiving and stance through focused skill development, modified/non-traditional games and sports and healthy competition.

Invasion



## Share Ideas

This unit focuses on developing every child's ability to have the confidence to share their ideas in different ways.



## Recognise Success

This unit focuses on developing every child's ability to identify and explain things they are doing well.

### Unit 2A

**Dynamic Balance to Agility**

Jumping and Landing

**Static Balance**  
Seated Balance

In this unit, the children will develop and apply their jumping and landing and seated balance focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

### Unit 2B

**Coordination**

Ball Skills

**Agility**

Reaction / Response

In this unit, the children will develop and apply their ball skills and reaction/response through focused skill development, modified/non-traditional games and sports and healthy competition.

Net & Wall

### Unit 3A

**Dynamic Balance**

Dynamic Balance

**Coordination**

Ball Skills

In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)



## Respond Differently

This unit focuses on developing every child's ability to respond differently to different tasks or activities.



## Perform and Repeat

This unit focuses on developing every child's ability to perform and repeat different movements and sequences with control and consistency.



## Know How and Why the Body Changes

This unit focuses on developing every child's ability to describe how and why their body changes during and after exercise.

### Unit 4A

**Coordination**  
Sending and Receiving

**Counter Balance**  
Counter Balance

In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

### Unit 5A

**Agility**  
Reaction / Response

**Static Balance**  
Floor Work

In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

### Unit 6A

**Agility**  
Ball Chasing

**Static Balance**  
Stance

In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)