

Learning Focus

Learning Behaviour



Keep Trying

This unit focuses on developing every child's ability to keep trying and persevere with a task.

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, cooperative and competitive games and challenges.

FMS

Unit 1B

Agility

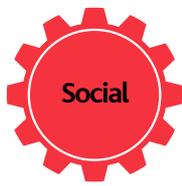
Reaction / Response

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, cooperative and competitive Personal Best games and challenges.

Personal Best



Help and Encourage

This unit focuses on developing every child's ability to help, praise and encourage others.



Understand Performance

This unit focuses on developing every child's ability to recognise similarities and differences in performance.

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 through focused skill development sessions, cooperative and competitive games.

FMS

Unit 2B

Environment

Fundamental Movement Skills

In this unit, the children will develop and apply their fundamental movement skills through focused environmentally thematic warm-ups, skill challenges and games.

Environment (Cooperative)

Unit 3A

Dynamic Balance
Dynamic Balance

Static Balance
Stance

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused skill development sessions, cooperative and competitive games.

FMS



Link Movements

This unit focuses on developing every child's ability to select and link different movements together using a stimuli.



Sequence Movements and Skills

This unit focuses on developing every child's ability to sequence different movements and skills together.



Practise Safely

This unit focuses on developing every child's ability to use equipment appropriately and move and land safely.

Unit 4A

Coordination

Ball Skills

Counter Balance

Counter Balance

In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused skill development sessions, cooperative and competitive games.

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Unit 5A

Coordination

Sending and Receiving

Agility

Reaction / Response

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, cooperative and competitive games.

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Unit 6A

Agility

Ball Chasing

Static Balance

Floor Work

In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, cooperative and competitive games.

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