

Learning Focus

Learning Behaviour



React Positively to Challenge

This unit focuses on developing every child's ability to see new challenges as opportunities to learn and develop.

Fundamental Movement Skills

Unit 1A

Coordination

Ball Skills

Agility

Reaction / Response

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

Invasion

Unit 1B

Agility

Reaction / Response

Coordination

Ball Skills

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

Net & Wall



Provide Helpful Feedback

This unit focuses on developing every child's ability to give helpful feedback to help others improve.

Unit 2A

Dynamic Balance

Dynamic Balance

Counter Balance

Counter Balance

In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

OAA

Unit 2B

Dynamic Balance

Dynamic Balance

Counter Balance

Counter Balance

In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Invasion / OAA



Judge Performance

This unit focuses on developing every child's ability to understand ways to judge performance.

Unit 3A

Static Balance

Stance

Coordination

Footwork

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

OAA / Athletics

Unit 3B

Coordination

Footwork

Static Balance

Stance

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

Invasion



Express Ideas

This unit focuses on developing every child's ability to link actions and create sequences that express their ideas.

Unit 4A

Static Balance
Seated Balance

Static Balance
Floor Work

In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Invasion

Unit 4B

Static Balance
Floor Work

Static Balance
Seated Balance

In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Net & Wall



Combining Skills in Specific Contexts

This unit focuses on developing every child's ability to use combinations of skills in specific contexts.

Unit 5A

**Dynamic Balance to
Agility**

Jumping and Landing

Static Balance

One Leg Balance

In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional athletics and games and healthy competition.

Athletics

Unit 5B

Static Balance
One Leg Balance

**Dynamic Balance to
Agility**

Jumping and Landing

In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional gymnastics and games and healthy competition.

Gymnastics



Describe Basic Fitness Components

This unit focuses on developing every child's ability to understand and describe the basic fitness components.

Unit 6A

Coordination

Sending and Receiving

Agility

Ball Chasing

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

Striking & Fielding

Unit 6B

Agility

Ball Chasing

Coordination

Sending and Receiving

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

Target / OAA