

Learning Focus

Learning Behaviour



Accept Challenge

This unit focuses on developing every child's ability to challenge themselves in order to improve and cope well when tasks become challenging.

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 group Personal Best challenges.

PB (Pair/Group)

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 sessions, focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Invasion



Support Others

This unit focuses on developing every child's ability to show patience, listen to and support others.



Identify Areas to Improve

This unit focuses on developing every child's ability to identify specific areas they need to improve in.

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, healthy competition, cooperative games and group Personal Best challenges.

PB (Pair/Group)

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 group Personal Best challenges.

PB (Pair/Group)



Recognise and Respond

This unit focuses on developing every child's ability to recognise similarities and differences in movement/expression and use this to inform their ideas.



Select and Apply

This unit focuses on developing every child's ability to successfully select and apply different skills with control and consistency.



Prepare for Activity

This unit focuses on developing every child's ability to understand why and how to prepare for and recover from activity.

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 group Personal Best challenges.

PB (Pair/Group)

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 group Personal Best challenges.

PB (Pair/Group)

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 group Personal Best challenges.

PB (Pair/Group)