

Learning Focus

Learning Behaviour

Fundamental Movement Skills

Unit 1



Follow Instructions

This unit focuses on developing every child's ability to follow instructions and practise safely.

Coordination
Footwork

Static Balance
One Leg Balance

Bike

Pirate

In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games.

Unit 2



Play with Others

This unit focuses on developing every child's ability to play with others and share.

Dynamic Balance
to Agility

Jumping and
Landing

Static Balance
Seated Balance

Space

Jungle

In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games.

Unit 3



Follow Rules

This unit focuses on developing every child's ability to follow simple instructions and rules.

Dynamic Balance
Dynamic Balance

Static Balance
Stance

Train

Tightrope

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games.

Unit 4



Observe and Copy

This unit focuses on developing every child's ability to observe and copy different movements.

Coordination
Ball Skills

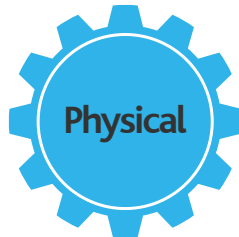
Counter Balance
Counter Balance

Clown

Seaside

In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games.

Unit 5



Move in Different Ways

This unit focuses on developing every child's ability to explore and move confidently in different ways.

Coordination
Sending and
Receiving

Agility
Reaction / Response

Juggling

Fairytale

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games.

Unit 6



Exercise and Good Health

This unit focuses on developing every child's ability to be aware of the impact of exercise.

Agility
Ball Chasing

Static Balance
Floor Work

Squirrel

Cat

In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games.