

## Learning Focus

Learning Behaviour

Fundamental Movement Skills

### Unit 1



#### Stay on Task

This unit focuses on developing every child's ability to focus and stay on task.

**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 skill development sessions, thematic stories and games.

## Unit 2



### Understand Others

This unit focuses on developing every child's ability to take turns and encourage others.

**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 skill development sessions, thematic stories and games.

## Unit 3



### Observe and Describe

This unit focuses on developing every child's ability to name some things they are good at.

**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 skill development sessions, thematic stories and games.

## Unit 4



### Explore and Describe

This unit focuses on developing every child's ability to explore and describe different movements.

**Coordination**  
Ball Skills

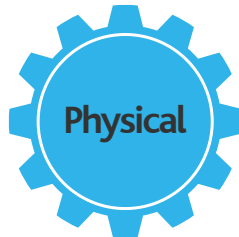
**Counter Balance**  
Counter Balance

Clown

Seaside

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

## Unit 5



### Control Movement

This unit focuses on developing every child's ability to perform a range of skills with control and consistency.

**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 skill development sessions, thematic stories and games.

## Unit 6



### Exercise and the Body

This unit focuses on developing every child's ability to express how their body feels before, during and after exercise.

<b>Agility</b> Ball Chasing	<b>Static Balance</b> Floor Work	Squirrel	Cat
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In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, thematic stories and games.