

Learning Focus

Learning Behaviour

Fundamental Movement Skills

Unit 1



Know Where I am in my Learning

This unit focuses on developing every child's ability to know where they are in their learning and use this to help improve their performance through practice.

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 Personal Best challenges.

Unit 2



Share Ideas

This unit focuses on developing every child's ability to have the confidence to share their ideas in different ways.

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 focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

Unit 3



Recognise Success

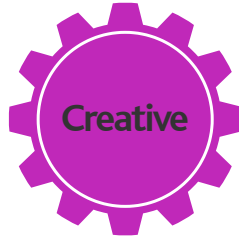
This unit focuses on developing every child's ability to identify and explain things they are doing well.

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 Personal Best challenges.

Unit 4



Respond Differently

This unit focuses on developing every child's ability to respond differently to different tasks or activities.

Coordination

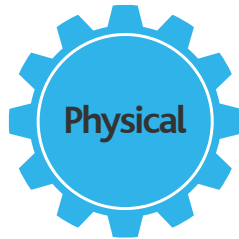
Sending and Receiving

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 Personal Best challenges.

Unit 5



Perform and Repeat

This unit focuses on developing every child's ability to perform and repeat different movements and sequences with control and consistency.

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 Personal Best challenges.

Unit 6



Know How and Why the Body Changes

This unit focuses on developing every child's ability to describe how and why their body changes during and after exercise.

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 Personal Best challenges.