

Learning Focus

Learning Behaviour

Fundamental Movement Skills

Unit 1



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.

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.

Unit 2



Support Others

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

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.

Unit 3



Identify Areas to Improve

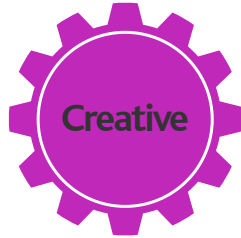
This unit focuses on developing every child's ability to identify specific areas they need to improve in.

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.

Unit 4



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.

Coordination

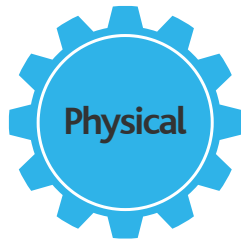
Sending and Receiving

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.

Unit 5



Select and Apply

This unit focuses on developing every child's ability to successfully select and apply different skills 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 group Personal Best challenges.

Unit 6



Prepare for Activity

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

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.