

Learning Focus

Learning Behaviour

Fundamental Movement Skills

Unit 1



React Positively to Challenge

This unit focuses on developing every child's ability to see new challenges as opportunities to learn and develop.

Coordination
Ball Skills

Agility
Reaction / Response

In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

A Invasion

B Net & Wall

Unit 2



Provide Helpful Feedback

This unit focuses on developing every child's ability to give helpful feedback to help others improve.

Dynamic Balance
Dynamic Balance

Counter Balance
Counter Balance

In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

A OAA

B Invasion / OAA

Unit 3



Judge Performance

This unit focuses on developing every child's ability to understand ways to judge performance.

Static Balance
Stance

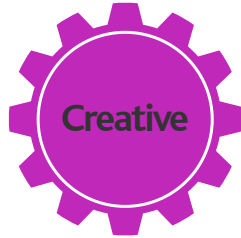
Coordination
Footwork

In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

A OAA

B Invasion / OAA

Unit 4



Express Ideas

This unit focuses on developing every child's ability to link actions and create sequences that express their ideas.

Static Balance
Seated Balance

Static Balance
Floor Work

In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

A Invasion

B Net & Wall

Unit 5



Combining Skills in Specific Contexts

This unit focuses on developing every child's ability to use combinations of skills in specific contexts.

Dynamic Balance to Agility
Jumping and Landing

Static Balance
One Leg Balance

In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional athletics and games and healthy competition.

A Athletics

B Gymnastics

Unit 6



Describe Basic Fitness Components

This unit focuses on developing every child's ability to understand and describe the basic fitness components.

Coordination

Sending and Receiving

Agility

Ball Chasing

In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

A Striking & Fielding

B Target / OAA