

Learning Focus

Learning Behaviour

Fundamental Movement Skills

Unit 1



Consistently Try to Improve

This unit focuses on developing every child's ability to try to improve through perseverance and regular practice.

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



Organise and Guide Others

This unit focuses on developing every child's ability to organise roles and responsibilities within a group.

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

Unit 3



Make Good Decisions

This unit focuses on developing every child's ability to use their awareness of space/others to make good decisions.

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 Invasion

B OAA

Unit 4



Adapt/Change Activities

This unit focuses on developing every child's ability to change tactics, rules or tasks to make activities more fun or challenging.

Static Balance
Seated Balance

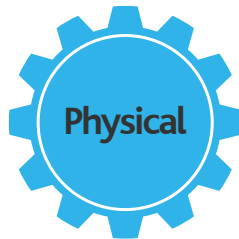
Static Balance
Floor Work

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 Net & Wall

B OAA / Invasion

Unit 5



Link Actions to Flow

This unit focuses on developing every child's ability to accurately perform different movements and actions together so that flow.

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 games and sports and healthy competition.

A Athletics / Invasion

B Gymnastics

Unit 6



Monitor Activity

This unit focuses on developing every child's ability to monitor and record their activity.

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

Target / OAA

B

Striking & Fielding