

Learning Focus

Learning Behaviour

Fundamental Movement Skills

Unit 1



Keep Trying

This unit focuses on developing every child's ability to keep trying and persevere with a task.

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, cooperative and competitive games.

Unit 2



Help and Encourage

This unit focuses on developing every child's ability to help, praise and encourage 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, cooperative and competitive games.

Unit 3



Understand Performance

This unit focuses on developing every child's ability to recognise similarities and differences in performance.

Dynamic Balance

Dynamic Balance

Static Balance

Stance

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused skill development sessions, cooperative and competitive games.

Unit 4



Link Movements

This unit focuses on developing every child's ability to select and link different movements together using a stimuli.

Coordination

Ball Skills

Counter Balance

Counter Balance

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

Unit 5



Sequence Movements and Skills

This unit focuses on developing every child's ability to sequence different movements and skills together.

Coordination

Sending and Receiving

Agility

Reaction / Response

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, cooperative and competitive games.

Unit 6



Practise Safely

This unit focuses on developing every child's ability to use equipment appropriately and move and land safely.

Agility
Ball Chasing

Static Balance
Floor Work

In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, cooperative and competitive games.