

## Learning Focus

Learning Behaviour

Fundamental Movement Skills

### Unit 1



#### Follow Instructions

This unit focuses on developing every child's ability to follow instructions and practise safely.

**Coordination**  
Footwork

**Static Balance**  
One Leg Balance

Bike

Pirate

In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games.

### Unit 2



#### Play with Others

This unit focuses on developing every child's ability to play with others and share.

**Dynamic Balance to Agility**  
Jumping and Landing

**Static Balance**  
Seated Balance

Space

Jungle

In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games.

## Unit 3



### Follow Rules

This unit focuses on developing every child's ability to follow simple instructions and rules.

**Dynamic Balance**  
Dynamic Balance

**Static Balance**  
Stance

Train

Tightrope

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games.

## Unit 4



### Observe and Copy

This unit focuses on developing every child's ability to observe and copy different movements.

**Coordination**  
Ball Skills

**Counter Balance**  
Counter Balance

Clown

Seaside

In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games.

## Unit 5



### Move in Different Ways

This unit focuses on developing every child's ability to explore and move confidently in different ways.

**Coordination**  
Sending and  
Receiving

**Agility**  
Reaction / Response

Juggling

Fairytale

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games.

## Unit 6



### Exercise and Good Health

This unit focuses on developing every child's ability to be aware of the impact of exercise.

**Agility**  
Ball Chasing

**Static Balance**  
Floor Work

Squirrel

Cat

In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games.