

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.

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.

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.

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.

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.

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.