

Learning Focus

Learning Behaviour

Fundamental Movement Skills

Unit 1



Follow Instructions

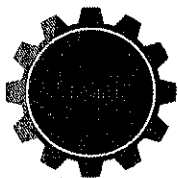
This unit focuses on developing every child's ability to follow instructions and practise safely.

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

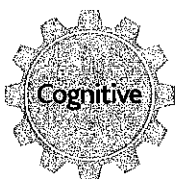
This unit focuses on developing every child's ability to play with others and share.

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

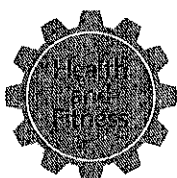
This unit focuses on developing every child's ability to explore and move confidently in different ways.

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.

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Unit 1



Stay on Task

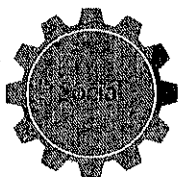
This unit focuses on developing every child's ability to focus and stay on task.

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 skill development sessions, thematic stories and games.

Unit 2



Understand Others

This unit focuses on developing every child's ability to take turns and encourage others.

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 skill development sessions, thematic stories and games.

Unit 3



Observe and Describe

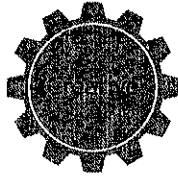
This unit focuses on developing every child's ability to name some things they are good at.

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 skill development sessions, thematic stories and games.

Unit 4



Explore and Describe

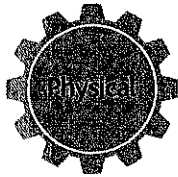
This unit focuses on developing every child's ability to explore and describe different movements.

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 skill development sessions, thematic stories and games.

Unit 5



Control Movement

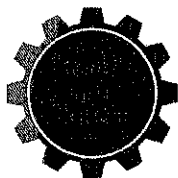
This unit focuses on developing every child's ability to perform a range of skills with control and consistency.

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 skill development sessions, thematic stories and games.

Unit 6



Exercise and the Body

This unit focuses on developing every child's ability to express how their body feels before, during and after 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 skill development sessions, thematic stories and games.

Learning Focus

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Unit 1



Keep Trying

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

Coordination

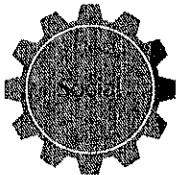
Footwork

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

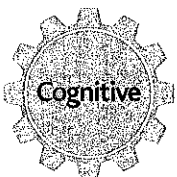
Jumping and Landing

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

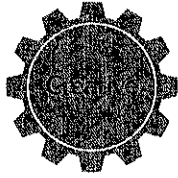
Dynamic Balance

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



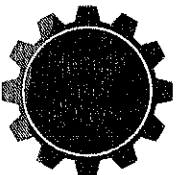
Sequence Movements and Skills

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.