

Learning Focus

Learning Behaviour



Follow Instructions

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

Fundamental Movement Skills

Unit 1A

Coordination

Footwork

Bike

Pirate

Static Balance

One Leg Balance

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

Bike/Pirates

Unit 1B

Agility

Reaction /
Response

The Big City

Animals

Static Balance

Floor Work

In this unit, the children will develop and apply their reaction and response skills and floor work balance through focused thematic adventures, challenges and games.

Big City/Animals



Play with Others

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



Follow Rules

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

Unit 2A

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.

Space/Jungle

Unit 2B

Environment

Fundamental Movement Skills

In this unit, the children will develop and apply their fundamental movement skills through focused environmentally thematic warm-ups, skill challenges and games.

Environment

Unit 3A

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.

Trains/Tightrope



Observe and Copy

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



Move in Different Ways

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

Unit 4A

Coordination

Ball Skills

Clown

Seaside

Counter Balance

Counter Balance

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.

Clown/Seaside

Unit 5A

Coordination

Sending and

Receiving

Agility

Reaction /

Response

Juggler

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.

Juggler/Fairytale



Exercise and Good Health

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

Unit 6A

Agility

Ball Chasing

Squirrel

Cat

Static Balance

Floor Work

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

Squirrel/Cat