

Learning Focus

Learning Behaviour



Know Where I am in my Learning

This unit focuses on developing every child's ability to know where they are in their learning and use this to help improve their performance through practice.

Fundamental Movement Skills

Unit 1A

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, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

Unit 1B

Coordination

Sending and Receiving

Static Balance

Stance

In this unit, the children will develop and apply their sending and receiving and stance through focused skill development, modified/non-traditional games and sports and healthy competition.

Invasion



Share Ideas

This unit focuses on developing every child's ability to have the confidence to share their ideas in different ways.

Unit 2A

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 focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

Unit 2B

Coordination

Ball Skills

Agility

Reaction / Response

In this unit, the children will develop and apply their ball skills and reaction/response through focused skill development, modified/non-traditional games and sports and healthy competition.

Net & Wall



Recognise Success

This unit focuses on developing every child's ability to identify and explain things they are doing well.



Respond Differently

This unit focuses on developing every child's ability to respond differently to different tasks or activities.

Unit 3A

Dynamic Balance

Dynamic Balance

Coordination

Ball Skills

In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

Unit 4A

Coordination

Sending and Receiving

Counter Balance

Counter Balance

In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)



Perform and Repeat

This unit focuses on developing every child's ability to perform and repeat different movements and sequences with control and consistency.



Know How and Why the Body Changes

This unit focuses on developing every child's ability to describe how and why their body changes during and after exercise.

Unit 5A

Agility

Reaction / Response

Static Balance

Floor Work

In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)

Unit 6A

Agility

Ball Chasing

Static Balance

Stance

In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

PB (Individual)