

Learning Focus

Learning Behaviour



Consistently Try to Improve

This unit focuses on developing every child's ability to try to improve through perseverance and regular practice.

Fundamental Movement Skills

Unit 1A

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.

Invasion

Unit 1B

Agility

Reaction / Response

Coordination

Ball Skills

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.

Net & Wall



Organise and Guide Others

This unit focuses on developing every child's ability to organise roles and responsibilities within a group.

Unit 2A

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.

OAA

Unit 2B

Counter Balance

Counter Balance

Dynamic Balance

Dynamic 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.

Invasion



Make Good Decisions

This unit focuses on developing every child's ability to use their awareness of space/others to make good decisions.

Unit 3A

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.

Invasion

Unit 3B

Coordination

Footwork

Static Balance

Stance

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.

OAA



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.

Unit 4A

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.

Net & Wall

Unit 4B

Static Balance
Floor Work
Static Balance
Seated Balance

In this unit, the children will develop and apply their floor work and seated balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

OAA / Invasion



Link Actions to Flow

This unit focuses on developing every child's ability to accurately perform different movements and actions together so that flow.

Unit 5A

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.

Athletics / Invasion

Unit 5B

Static Balance

One Leg Balance

Dynamic Balance to Agility

Jumping and Landing

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.

Gymnastics



Monitor Activity

This unit focuses on developing every child's ability to monitor and record their activity.

Unit 6A

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.

Target / OAA

Unit 6B

Agility

Ball Chasing

Coordination

Sending and Receiving

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.

Striking & Fielding