

Learning Focus

Learning Behaviour

Fundamental Movement Skills

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 thematic stories, songs 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

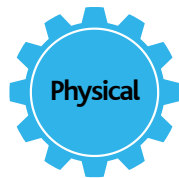
Counter Balance

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.