

## Learning Focus

### Learning Behaviour

### Fundamental Movement Skills

#### Unit 1



#### **React Positively to Challenge**

This unit focuses on developing every child's ability to see new challenges as opportunities to learn and develop.

#### **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.

#### Unit 2



#### **Provide Helpful Feedback**

This unit focuses on developing every child's ability to give helpful feedback to help others improve.

#### **Dynamic Balance**

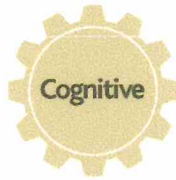
On a Line

#### **Counter Balance**

With a Partner

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.

## Unit 3



### Judge Performance

This unit focuses on developing every child's ability to understand ways to judge performance.

#### 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.

## Unit 4



### Express Ideas

This unit focuses on developing every child's ability to link actions and create sequences that express their ideas.

#### Static Balance

Seated

#### 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.

## Unit 5



### Combining Skills in Specific Contexts

This unit focuses on developing every child's ability to use combinations of skills in specific contexts.

#### Dynamic Balance to Agility

Jumping and Landing

#### Static Balance

One Leg

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.

## Unit 6



### **Describe Basic Fitness Components**

This unit focuses on developing every child's ability to understand and describe the basic fitness components.

#### **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.