

FOUNDATION LEVEL

*assessing
movement &
physical activity*

Moving the body

PERFORM FUNDAMENTAL MOVEMENT SKILLS

Run, Jump, Catch, Kick

PARTICIPATE IN GAMES

Tag games, Rob the nest

understanding **M**OVEment

DESCRIBE HOW THEIR BODY RESPONDS TO MOVEMENT

PHYSICAL: Feeling hot/red face, Heart racing, Breathing quickly

EMOTIONAL: Energised, Happy, Refreshed, Excited, Tired

SPATIAL: Fast/slow, Up/down, Left/right, Hard/soft

learning through **M**OVEment

MOVE & PLAY SAFELY

Follow rules & instructions, Use equipment appropriately

SOLVE MOVEMENT CHALLENGES

Move through water, Skip or hop around obstacles,
Create letters & shapes in groups, Clumps game, Tunnel ball