

LEVELS 1 & 2

assessing movement & physical activity

M VING the body

PERFORM FUNDAMENTAL MOVEMENT SKILLS

Leap, Dodge, Ball bounce, Overhand throw, Forehand strike, Two-hand side-arm strike, Punt

PERFORM MOVEMENT SEQUENCES

Dance routine, Gymnastics routine, Movement through water, Obstacle course

CREATE & PARTICIPATE IN GAMES

Invent a game based on a word such as 'kangaroo' or 'snake' or a piece of music such as classical, country, rock'n'roll or hip hop

understanding M VEment

DISCUSS THE BODY'S REACTION TO PHYSICAL ACTIVITY

I feel hot, My heart is racing, I am breathing faster, I am sweating, I need a drink!

INCORPORATE ELEMENTS OF EFFORT, SPACE, TIME, OBJECTS & PEOPLE

Body shapes: wide, narrow, tall, short, big & small,
Devise a prop dance/gymnastics routine (a series of movements that incorporates objects such as hoops, beam, skipping ropes)

learning through M VEment

INTERACT WITH OTHERS POSITIVELY

Take turns, Share equipment, Follow rules, Is honest in games

SOLVE MOVEMENT CHALLENGES

Work with a partner to keep a balloon off the ground, Reflect & retry different strategies to solve a movement challenge (such as attacking & defending)