


# LINK TO AUSTRALIAN CURRICULUM

## MOVING OUR BODY



	FOUNDATION	YEARS 1-6	YEARS 7-12
Refining Movement skills	Practice fundamental movement skills and movement sequences using different body parts	Practice and refine fundamental movement skills in a variety of movement sequences and situations	Develops advanced coordination & special awareness
Developing movement concepts and strategies	Develops balance, co-ordination & agility Builds gross motor and fine motor skills	Create and participate in games Develops strength, improves balance, co-ordination & agility Refines gross motor & fine motor skills	Builds movement skills that are useful in any sporting activity

## LEARNING THROUGH MOVEMENT



Teamwork and Leadership	Follow rules when participating in physical activities (on tramps & within games)	Develops teamwork skills to use strategies to work in group situations when participating in physical activities	Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities
Critical and creative thinking in movement	Co-operate with others when participating in physical activities Stimulates imagination & builds confidence Builds social tolerance and resilience	Identify rules and fair play when participating in physical activities Fosters social inclusion & embracing diversity	Helps develop self confidence in a group environment

## UNDERSTANDING MOVEMENT

Fitness and physical activity	Assists with exploration of how regular physical activity keeps individuals healthy and well	Incorporates elements of effort, space, time, objects and people in performing simple movement sequences	Understanding the impact regular participation can have on health and wellbeing
Elements of movement			

## SUMMERSALT

GYMNASTICS