

Learning Goals

Learning Behaviour



Exercise and the Body

Emerging

- I am aware of the changes to the way I feel when I exercise.

Expected

- I am aware of why exercise is important for good health.

Exceeding

- I can say how my body feels before, during and after exercise.
- I use equipment appropriately and move and land safely.

Fundamental Movement Skills



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.



Emerging

I can complete **some** Yellow challenges



Expected

I can complete **all** Yellow challenges



Exceeding

I can complete **some** Green challenges