School:

Classes:

Dates: *see content*

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| **Experiences & Outcomes** |
| Movement skills, competencies and concepts | Cooperation and competition | Evaluating and appreciating |
| I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. **HWB 0-21a** | I am developing my movement skills through practice and energetic play. **HWB 0-22a** | I am aware of my own and others’ needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules. **HWB 0-23a** | By exploring and observing movement, I can describe what I have learned about it. **HWB 0-24a** |
| **Significant Aspects of Learning****Cognitive Skills**Problem SolvingFocus & ConcentrationDecision MakingCreativity**Personal Qualities**MotivationConfidence & Self-esteemDetermination & ResilienceResponsibility & LeadershipRespect & ToleranceCommunication**Physical Competencies**Kinaesthetic AwarenessBalance & ControlCoordination & FluencyRhythm & TimingGross & Fine Motor Skills**Physical Fitness**StaminaSpeedCore Stability & StrengthFlexibility | **Benchmark statements** | **Content**  | **IDL link (where appropriate)**  |