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 Solving  Focus & Concentration  Decision Making  Creativity  **Personal Qualities**  Motivation  Confidence & Self-esteem  Determination & Resilience  Responsibility & Leadership  Respect & Tolerance  Communication  **Physical Competencies**  Kinaesthetic Awareness  Balance & Control  Coordination & Fluency  Rhythm & Timing  Gross & Fine Motor Skills  **Physical Fitness**  Stamina  Speed  Core Stability & Strength  Flexibility | | **Benchmark statements** | | **Content** | | **IDL link (where appropriate)** |