

## Level 1 and Level 2 Scope and Sequence Plan Strand - Movement and Physical Activity

TERM	WEEK	YEAR 1 and YEAR 2
1	1.....	<p>Basic Movement (Movement exploration focus)</p> <p>Ball Handling Skills (Manipulative skills acquisition focus)</p> <p>Games (Fair play and inclusive focus)</p>
	2.....	
	3.....	
	4.....	
	5.....	
	6.....	
	7.....	
	8.....	
	.....	
	.....	
2	1.....	<p>Gymnastics (Balance, locomotion and landing focus)</p> <p>Dance (Partnering games focus)</p>
	2.....	
	3.....	
	4.....	
	5.....	
	6.....	
	7.....	
	8.....	
	9.....	
	10.....	
3	1.....	<p>(Locomotion)</p> <p>Jump Rope (Increased fitness/physical activity focus)</p>
	2.....	
	3.....	
	4.....	
	5.....	
	6.....	
	7.....	
	8.....	
	9.....	
	10.....	
4	1.....	<p>Huff n' Puff (teamwork focus)</p> <p>Sport Skills (Sport specific skills acquisition focus)</p>
	2.....	
	3.....	
	4.....	
	5.....	
	6.....	
	7.....	
	8.....	
	9.....	
	10.....	

SAMPLE




## YEAR 1 and 2 UNIT OVERVIEWS

Unit	Description
Ball Handling Skills	Students practice and refine their range of manipulative skills including striking, kicking, throwing, trapping, rolling, dribbling and catching. They participate in a variety of minor games and group activities using a wide range of equipment.
Movement	Students participate in basic movement experiences exploring the use of space, time, energy and body awareness. Students move their whole body, individual parts and make body shapes. They explore how their body moves through the use of speed, time, effort and energy. They explore where they move by changing space, levels, directions and ground/air patterns.
Low Level Games	Combine motor skills and movement patterns in Low Level Games and simple rules, little or no equipment and can be varied. In these games students become aware of the spatial concept and familiarisation of basic skills.
Jump Rope Skipping	Students participate in a circuit of activities that include a movement map and then revisit at the end of the unit. They participate in a circuit of activities.
Dance	Students participate in dance through learning simple activities to view dance as an individual and socially rewarding activity that is fun and socially rewarding.
Fundamental Motor Skills	Students begin to learn fundamental motor skills through practice, instruction and repetition. They refine and master locomotor skills including galloping, rolling, leaping and dodging. They also practice striking skills including throwing, catching, kicking, striking and challenges.
Sports Skills	Students participate in modified games of Hockey, Basketball, Soccer, Cricket and Volleyball where they practice skills in a sport specific setting. They practise skills and games.
Gymnastics	Students develop movement competence through activities focusing on locomotor, jumping, landing, rolling, turning and twisting movements. They participate in a circuit of gymnastics activities with a focus on all round physical development including muscular strength, flexibility, balance, co-ordination, agility and weight bearing activities.
Huff n' Puff	Students participate in a variety of warm-up, partner challenges, vigorous games, relays and group activities that promote health related fitness. Students are motivated and encouraged to participate and cooperate with others through the playing of these games.




SAMPLE

## MOVEMENT AND PHYSICAL ACTIVITY DESCRIPTIONS MAPPING GRID TO THE AUSTRALIAN CURRICULUM

### At level 1 and level 2:

Moving our body	Units in which Descriptions are addressed:
fundamental movement skills in movement situations. <div style="text-align: right;"></div>	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff
imaginative and original response to stimuli. <div style="text-align: right;"></div>	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff
<div style="text-align: right;"></div>	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff

Understanding	Units in which Descriptions are addressed:
Discuss the body's reaction to physical activities.	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff
Incorporate elements of effort, space, and objects and people in performing simple movement sequences. <div style="text-align: right;"></div>	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff

Learning through movement	Units in which Descriptions are addressed:
Use strategies to work in group situations when participating in physical activities. <div style="text-align: right;"></div>	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff
Propose a range of alternatives and test their effectiveness when solving movement challenges. <div style="text-align: right;"></div>	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff
Identify rules and play fairly when participating in physical activities. <div style="text-align: right;"></div>	Ball Handling Skills, Basic Movement, Games, Jump Rope Skipping, Dance, FMS, Sports Skills, Gymnastics, Huff n' Puff