

## Fundamental Movements

Experience

Teaching

Continuing

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Body Management</b>	<b>Body Management</b>	<b>Body Management</b>	<b>Body Management</b>	<b>Body Management</b>	<b>Body Management</b>
Balance on 1 foot	Balance on 1 foot	Balance on 1 foot	Balance on 1 foot	Balance on 1 foot	Balance on 1 foot
Side Roll	Side Roll	Side Roll	Forward Roll	Forward Roll	Forward Roll
Climb	Climb	Climb	Climb	Climb	Climb
Line Walk	Bench Walk	Bench Walk	Bench Walk	Bench Walk	Bench Walk
<b>Object Control Skill</b>	<b>Object Control Skill</b>	<b>Object Control Skill</b>	<b>Object Control Skill</b>	<b>Object Control Skill</b>	<b>Object Control Skill</b>
Underarm Throw	Underarm Throw	Underarm Throw	Underarm Throw	Underarm Throw	Underarm Throw
Overarm Throw	Overarm Throw	Overarm Throw	Overarm Throw	Overarm Throw	Overarm Throw
Catch large ball	Catch medium ball	Catch Small ball	Catch Small ball	Catch Small ball	Catch Small ball
2 Handed Strike	2 Handed Strike	2 Handed Strike	1 Handed Strike	1 Handed Strike	1 Handed Strike
Foot Dribble	Foot Dribble	Foot Dribble	Foot Dribble	Foot Dribble	Foot Dribble
Kick	Kick	Kick	Kick	Kick	Kick
<b>Locomotor skills</b>	<b>Locomotor skills</b>	<b>Locomotor skills</b>	<b>Locomotor skills</b>	<b>Locomotor skills</b>	<b>Locomotor skills</b>
Sprint Run	Sprint Run	Sprint Run	Hand Dribble	Hand Dribble	Hand Dribble
Skip	Skip	Skip	Chest Pass	Chest Pass	Chest Pass
Hop	Hop	Hop	Punt	Punt	Punt
Gallop	Gallop	Gallop	<b>Locomotor skills</b>	<b>Locomotor skills</b>	<b>Locomotor skills</b>
Side Gallop	Side Gallop	Side Gallop	Sprint Run	Sprint Run	Sprint Run
Jump for Height	Jump for Height	Jump for Height	Skip	Skip	Skip
	Jump for Distance	Jump for Distance	Hop	Hop	Hop
		Jump for Distance	Gallop	Gallop	Gallop
		Dodge	Side Gallop	Side Gallop	Side Gallop
			Jump for Height	Jump for Height	Jump for Height
			Jump for Distance	Jump for Distance	Jump for Distance
			Dodge	Dodge	Dodge
			Leap (continuous)	Leap (continuous)	Leap (continuous)