



OUTCOMES

Moving (MOES1.4)

Demonstrates a general awareness of how basic movement skills apply in play and other introductory movement experiences.

1. *maintains stillness of head and trunk when balancing*
2. *demonstrates balance and high knee lift when sprinting*
3. *stretches and curls the body at levels (high and low)*
4. *rolls ball to partner*
5. *walks, runs, slides at different tempos/speeds*
6. *climbs up through, under, over apparatus, eg benches*

Active Lifestyle (ALES1.6)

Develops a repertoire of physical activities in which they can participate.

1. *takes part in different types of physical activity, eg climbing, jumping, walking, dancing, skipping, running*
2. *makes a personal list of preferred activities*
3. *explains how physical activities affect the body, eg hot, sweaty, puffed*
4. *describes the things they do to refuel their body, eg rest, relaxation, nutrition*
5. *compares the physical activities that they do as a family or group and how these make them feel*

Games and Sports (GSES1.8)

Demonstrates fundamental movement skills while playing with and sharing equipment.

1. *moves and stops a ball with hands and feet, eg roll, kick and dribble*
2. *shows understanding of the language used in games by responding to verbal and nonverbal directions, eg run, hop, roll, chase, bounce, skip, wheel*
3. *identifies a variety of games and play equipment*
4. *runs, skips and hops with equipment, eg rope, large balls*
5. *participates in games where cooperation is important for success*

Activity and Outcomes	Details	Equipment & Requirements