

## Planning guide for programming and teaching fundamental movement skills

Skill	Early Stage 1	Stage 1		Stage 2		Stage 3	
	Kinder-garten	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Static balance	■	■	■	■	■	■	■
Sprint run	■	■	■	■	■	■	■
Vertical jump	■	■	■	■	■	■	■
Catch	■	■	■	■	■	■	■
Hop		■	■	■	■	■	■
Side gallop		■	■	■	■	■	■
Skip		■	■	■	■	■	■
Overarm throw		■	■	■	■	■	■
Leap			■	■	■	■	■
Kick			■	■	■	■	■
Two-hand strike			■	■	■	■	■
Dodge			■	■	■	■	■

■ Focused teaching and learning, with an emphasis on the introductory components.

■ Practice and development, with an emphasis on the fine-tuning components.

■ Consolidation and application of skill in sports, games and physical activities.

■ Benchmark of when most students should demonstrate proficiency of the skill.