



PE Curriculum Overview

YEARS						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
FOUNDATION UNITS						
Unit 1 Personal Footwork One Leg Balance	Unit 2 Social Jumping and Landing Seated Balance	Unit 3 Cognitive Dynamic Balance Stance	Unit 4 Creative Ball Skills Counter Balance	Unit 5 Physical Sending and Receiving Reaction / Response	Unit 6 Fitness Ball Chasing Floor Work	

YEARS						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
YEAR 1 UNITS						
Unit 1 Personal Footwork One Leg Balance	Unit 2 Social Jumping and Landing Seated Balance	Unit 3 Cognitive Dynamic Balance Stance	Unit 4 Creative Ball Skills Counter Balance	Unit 5 Physical Sending and Receiving Reaction / Response	Unit 6 Fitness Ball Chasing Floor Work	

YEARS						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
YEAR 2 UNITS						
Unit 1 Personal Footwork One Leg Balance	Unit 2 Social Jumping and Landing Seated Balance	Unit 3 Cognitive Dynamic Balance Stance	Unit 4 Creative Ball Skills Counter Balance	Unit 5 Physical Sending and Receiving Reaction / Response	Unit 6 Fitness Ball Chasing Floor Work	

YEARS

Foundation Year 1 Year 2 **Year 3** Year 4 Year 5 Year 6

YEAR 3 UNITS

Unit 1 Personal Footwork One Leg Balance	Unit 2 Social Jumping and Landing Seated Balance	Unit 3 Cognitive Dynamic Balance Ball Skills	Unit 4 Creative Sending and Receiving Counter Balance	Unit 5 Physical Reaction / Response Floor Work	Unit 6 Fitness Ball Chasing Stance
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YEARS

Foundation Year 1 Year 2 Year 3 Year 4 **Year 4** Year 5 Year 6

YEAR 4 UNITS

Unit 1 Personal Footwork One Leg Balance	Unit 2 Social Jumping and Landing Seated Balance	Unit 3 Cognitive Dynamic Balance Ball Skills	Unit 4 Creative Sending and Receiving Counter Balance	Unit 5 Physical Reaction / Response Floor Work	Unit 6 Fitness Ball Chasing Stance
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YEARS

Foundation Year 1 Year 2 Year 3 Year 4 Year 5 **Year 5** Year 6

YEAR 5 UNITS

Unit 1 Personal Ball Skills Reaction / Response	Unit 2 Social Dynamic Balance Counter Balance	Unit 3 Cognitive Stance Footwork	Unit 4 Creative Seated Balance Floor Work	Unit 5 Physical Jumping and Landing One Leg Balance	Unit 6 Fitness Sending and Receiving Ball Chasing
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YEARS

Foundation

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6



YEAR 6 UNITS

Unit 1

Personal

Ball Skills
Reaction / Response

Unit 2

Social

Dynamic Balance
Counter Balance

Unit 3

Cognitive

Stance
Footwork

Unit 4

Creative

Seated Balance
Floor Work

Unit 5

Physical

Jumping and Landing
One Leg Balance

Unit 6

Fitness

Sending and Receiving
Ball Chasing