

Australian Curriculum 9.0

Interacting with others

Practice personal and social skills to interact respectfully with others [AC9HPFP02](#)

Moving our bodies

- Practice fundamental movement skills in minor game and play situations [AC9HPFM01](#)
- Experiment with different ways of moving their body safely and manipulating objects and space [AC9HPFM02](#)

Learning through movement

Follow rules to promote fair play in a range of physical activities [AC9HPFM04](#)

Year Level	Activities	
Foundation Year	Lesson 1	Lesson 2
	'Tuning in' Activity: Beans, Beans, Beans Shapes Motor Bike Landings Obstacle Course Movement exploration Safe Jumping Bag Jumping Free Jumping	'Tuning In' Activity: Bounce Tag Shapes Slmon Says Rocket, Soldier, Star Shapes & Jumps Space exploration Combinations Bag Jumping
	Lesson 3	Lesson 4
	Tuning In Activity: The Floor is Lava Tuck Shape & Jumps Rocket, Star, Soldier, Motorbike Shapes / Jumps Combinations Bag Jumping Free Jumping	Tuning In Activity: Colours Game Safe Landings Shapes Basic Twists Twists with shapes Bag Jumping Free Jumping
	Lesson 5	Lesson 6
	Tuning In Activity: Monster Game Safe Landing Game Happy and Angry Cats Twists Hands & Knees Landing Seat Drop Big Bag Jumping	Tuning In: Chain Tag Obstacle course Hands, knees & seat drops Combinations Bag Jumping Observation/Assessment

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Interacting with others

Identify how different situations influence emotional responses [AC9HP2P03](#)

Moving our bodies

- Practise fundamental movement skills and apply them in a variety of movement situations [AC9HP2M01](#)
- Investigate different ways of moving their body, and manipulating objects and space, and draw conclusions about their effectiveness [AC9HP2M02](#)

Learning through movement

Apply strategies to work collaboratively when participating in physical activities [AC9HP2M05](#)

Year Level	Activities	
Years 1 & 2	Lesson 1	Lesson 2
	Tuning in Activity: Bounce Tag Shape Freeze Safety Landing Game Split Leaps Free Skill Jumps Combinations Bag Jumping Free Jumping	Tuning in' Activity: Beans, Beans, Beans Safe Landing Game Partner Shadows Combinations Seat Drop/Hands and Knees Bag Jumping Free Jumping
	Lesson 3	Lesson 4
	Tuning In Activity: Obstacle Course Shapes Simon Says Twists and Combinations, 1/1 Twist Bag Jumping Follow the Leader Free Jumping	Tuning In Activity: Bounce Tag Obstacle Course Shape Simon Says Twists Combinations Bag Jumping Free Jumping
	Lesson 5	Lesson 6
	Tuning In Activity: Freeze & Connect Shape Tag Straddle the Wedge Pike and Straddle Shapes & Jumps Obstacle Course Pike and Straddle Jumps Combinations Bag Jumping	Tuning in' Activity: Blob Tag Bag Jumping Basic Jumps Combinations Observation and Assessment

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Moving our bodies

Refine and apply fundamental movement skills in new movement situations [AC9HP4M01](#)

Moving our bodies

- Apply and adapt movement strategies to achieve movement outcomes [AC9HP4M02](#)
- Demonstrate how movement concepts related to effort, space, time, objects and people can be applied when performing movement sequences [AC9HP4M03](#)

Learning through movement

- Apply creative thinking when designing movement sequences and solving movement problems [AC9HP4M07](#)
- Perform a range of roles in respectful ways to achieve successful outcomes in group or team movement activities [AC9HP4M09](#)

Year Level	Activities	
Years 3 & 4	Lesson 1	Lesson 2
	Tuning In Activity: Bounce Buddy Tag Partner Shape Practise Rolling and Jumping Box Jumping Combinations Bag Jumping Free Jumping	Tuning In Activity: Obstacle Course Basic Shapes Movement sequence and landings Combinations Bag Jumping Free Jumping
	Lesson 3	Lesson 4
	Tuning In Activity: Freeze & Connect Shape Tag Hoop Jump & Twists Combinations Front Drop Bag Jumping Free Jumping	Tuning In Activity: Blob Tag Shadow Basic Jumping Cooperative Relay Combinations Back Drop The Wall
	Lesson 5	Lesson 6
	Tuning In Activity: Colours Game Combinations Cooperative Relay Swivel Hips Routines Goal Shooting	Tuning In Activity: Chain Tag Cooperative Relay Combinations Create Routines Goal Shooting Observation and assessment

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Moving our bodies

- Adapt and modify movement skills across a variety of situations [AC9HP6M01](#)
- Transfer familiar movement strategies to different movement situations [AC9HP6M02](#)
- Investigate how different movement concepts related to effort, space, time, objects and people can be applied to improve movement outcomes [AC9HP6M03](#)

Making active choices

Participate in physical activities to investigate the body's reaction to different levels of intensity [AC9HP6M04](#)

Learning through movement

- Predict and test the effectiveness of applying different skills and strategies in a range of movement situations [AC9HP6M07](#)
- Participate positively in groups and teams by contributing to group activities, encouraging others and negotiating roles and responsibilities [AC9HP6M09](#)

Year Level	Activities	
Years 5 & 6	Lesson 1	Lesson 2
	Tuning In Activity: All in Tag Bag Jumping Combinations Form & Control Goal Shooting The Wall	Tuning In Activity: Bounce Buddy Tag Bag Jumping Leader jumping Combinations Goal shooting The Wall
	Lesson 3	Lesson 4
	Tuning In Activity: Base dash Tag Jumps and twists ¾ somersault Combinations Seat drop to Swivel hips	Tuning In Activity: Obstacle Course Bag Jumping ¾ somersault Combinations with swivel hips, back and front drops Routines Goal Shooting The Wall
	Lesson 5	Lesson 6
	Tuning in Activity – Blob Tag Five Jump ¾ Somersault Front sault tuck Routines Goal Shooting The Wall	Tuning in Activity – The Floor is Lava Floor routines Goal Shooting The Wall Observation and Assessment

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Moving our bodies

- Analyse, refine and transfer movement skills in a variety of movement situations [AC9HP8M01](#)
- Design and demonstrate how movement strategies can be manipulated to improve movement outcomes [AC9HP8M02](#)
- Demonstrate and explain how movement concepts related to effort, space, time, objects and people can be manipulated to improve movement outcomes [AC9HP8M03](#)

Making active choices

Participate in physical activities designed to improve fitness and wellbeing to investigate the impact of regular participation on health, fitness and wellbeing [AC9HP8M04](#)

Learning through movement

- Propose and evaluate movement strategies and skills that would be most effective in different movement situations [AC9HP8M07](#)
- Practise and apply leadership, collaboration and group decision-making processes when participating in a range of physical activities [AC9HP8M09](#)

Year Level	Activities	
Years 7 & 8	Lesson 1	Lesson 2
	Tuning in Activity – All in Tag Bag Jumping Combinations Combinations Goal Shooting The Wall	Tuning in Activity – Bounce Buddy Tag Bag Jumping Three jumps Seat drop, back drop, front drop, swivel hips Combinations Station Rotations
	Lesson 3	Lesson 4
	Tuning in Activity – Obstacle Course Bag Jumping Bounce Fit Introduce Level 1-Basic Flight Academy Skills Combinations, form & control Combination creation Routines	Tuning in Activity – Base Dash Tag Bag Jumping Bounce Fit Level 1 Basic Review Level 2-Basic Combinations Group Teaching
	Lesson 5	Lesson 6
	Tuning in Activity – Domino Tag Bag Landing Combinations and Routines Station Rotation	Tuning in Activity – Blob Tag Bag Jumping Combinations and routines Station Rotations
	Lesson 7	Lesson 8
	Tuning in Activity – The Floor is Lava Bag Jumping Combinations – Assessments / Performances Flight Academy Accreditation Station Rotation	Tuning in Activity – Relay Tag Bag Jumping Group Routines / Combinations - Performances Station Rotations

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Moving our bodies

- Analyse, adapt and refine their own and others' movement skills in a range of challenging movement situations to enhance performance [AC9HP10M01](#)
- Create and refine movement strategies to achieve successful outcomes across a range of challenging movement situations [AC9HP10M02](#)
- Apply movement concepts in new or challenging movement situations and analyse the impact each concept has on movement outcomes [AC9HP10M03](#)

Making active choices

Participate in physical activities designed to enhance health, wellbeing and fitness, and design, apply and evaluate strategies for incorporating these activities into their lives [AC9HP10M04](#)

Learning through movement

- Transfer and adapt skills and strategies from previous experiences to create successful outcomes in unfamiliar movement situations [AC9HP10M07](#)
- Demonstrate fair play and reflect on how ethical behaviour can influence physical activity outcomes for individuals and groups [AC9HP10M08](#)

Year Level	Activities	
Years 9 & 10	Lesson 1	Lesson 2
	Tuning in Activity – All in Tag Bag Jumping Flight Academy 1- Basic, combinations & routines – review Goal Shooting	Tuning in Activity – Bounce Buddy Tag Bag Jumping Flight Academy Level 2 Skills – Basic Routines (form & control)
	Lesson 3	Lesson 4
	Tuning in Activity – Obstacle Course Bag Jumping Introduce skills of Level 3 intermediate Combinations & Routines (Form and Control) Bounce Fit Rotations	Tuning in Activity – Base Dash Tag Bag Jumping Bounce Fit Flight Academy Level 2 Flight Academy Level 3 Combinations Group Teaching
	Lesson 5	Lesson 6
	Tuning in Activity – Domino Tag Bag Jumping The Wall Combinations / Routines Level 1-3 Station Rotations	Tuning in Activity – Blob Tag Bag Jumping Combinations / routines Level 2-3 Station Rotations
	Lesson 7	Lesson 8
	Tuning in Activity – The Floor is Lava Bag Jumping Combinations – Assessment / Observation Flight Academy Accreditation Station Rotation	Tuning in Activity – Relay Tag Bag Jumping Flight Academy Accreditation Group Routine / Combination Performance / Assessment Station Rotation