

Dear Parents and Carers

Listed below are the expected standards for students to achieve a C Grade by the end of the year.

Foundation

Movement and physical activity

Moving our body

Body management skills:

- Static balance (one foot)
- Line walk (ACPMP008)

Locomotor skills:

- Run
- Jump (two foot)
- Hop
- Gallop

(ACPMP008)

Object control skills:

- Kick off the ground
- Catch (ACPMP008)

Execute the above Fundamental movement skills in simple games with or without equipment.
(ACPMP009)

Understanding movement

The ways in which regular physical activity keeps individuals healthy and well (ACPMP010)
Ways to maintain a balanced position when walking, running, hopping and jumping (ACPMP011)

Learning through movement

Cooperation with others when participating in physical activities, including partners, small groups and whole class (ACPMP012)

Rules when participating in physical activities:

- use of boundaries
- safe use of appropriate equipment
- responding to a whistle and commands/instructions
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Year 1

Movement and physical activity

Moving our body

Body management skills:

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- side roll (pencil) ([ACPMP025](#))

- [Personal and social capability](#)

Locomotor skills:

- jump (one foot)
- dodge
- skip ([ACPMP025](#))

- [Personal and social capability](#)

Object [control](#) skills:

- underarm throw
- ball bounce ([ACPMP025](#))

- [Personal and social capability](#)

Fundamental movement skills involving the [control](#) of objects in simple games:

- kick
- catch
- bounce ([ACPMP027](#))

Understanding movement

Physical changes to the body when exercising, such as:

- raised heart rate
- increased breathing rate([ACPMP028](#))

Ways to maintain a balanced position while performing various skills, such as throwing or running ([ACPMP029](#))

Learning through movement

Strategies that will assist with involving everyone in games ([ACPMP030](#))

Cooperation skills in partner and group work during [physical activity](#) practices ([ACPMP030](#))

Alternative ways in which tasks can be performed when solving [movement challenges](#) ([ACPMP031](#))

Simple rules and fair play in partner, group activities and [minor games](#) ([ACPMP032](#))

Year 2

Movement and physical activity

Moving our body

Body management skills:

- forward roll

([ACPMP025](#))

- [Personal and social capability](#)

Locomotor skills:

- jump for height

([ACPMP025](#))

- [Personal and social capability](#)

Object [control](#) skills:

- overarm throw
- punt
- two-hand side strike

([ACPMP025](#))

- [Personal and social capability](#)

Fundamental movement skills involving the [control](#) of objects in simple games:

- overarm throw
- kick ([ACPMP027](#))

Simple games that use a combination of movement skills ([ACPMP027](#))

Understanding movement

Positive responses to [physical activity](#), such as a feeling of [wellbeing](#) ([ACPMP028](#))

Ways in which the body reacts during [physical activity](#) ([ACPMP028](#))

Ways to maintain a balanced position while performing various skills ([ACPMP029](#))

Learning through movement

Positive choices when participating in group activities, such as:

- dealing with winning and losing
- encouraging team-mates([ACPMP030](#))

Alternatives and their effectiveness when solving [movement challenges](#), such as:

- gaining possession
- scoring
- changing positions
- use of equipment ([ACPMP031](#))

Importance of rules and fair play in partner, group activities and [minor games](#) ([ACPMP032](#))

Year 3

Movement and physical activity

Moving our body

Fundamental movement skills:

- kick
- catch
- underarm throw
- overarm throw
- bounce

([ACPMP043](#))

- [Critical and creative thinking](#)

Combination of locomotor and object [control](#) skills in [minor games](#) ([ACPMP043](#))

Locomotor skills:

- run
- jump
- hop
- dodge

([ACPMP043](#))

- [Critical and creative thinking](#)

Ways to maintain a balanced position when performing locomotor and object [control](#) skills ([ACPMP045](#))

Movement skills and tactics to achieve an outcome:

- gaining possession
- navigating an obstacle course([ACPMP045](#))

Understanding movement

Benefits of regular [physical activity](#) and [physical fitness](#) to health and [wellbeing](#):

- maintenance of a healthy weight
- prevention of some diseases ([ACPMP046](#))
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Movement skills that combine the elements of effort, space, time, objects and people ([ACPMP047](#))

Learning through movement

Cooperation skills to ensure everyone is included in all physical activities ([ACPMP048](#))

Basic rules in a variety of physical activities and ways in which they keep activities safe and fair ([ACPMP050](#))

Year 4

Movement and physical activity

Moving our body

Fundamental movement skills:

- kick
- catch
- underarm throw
- overarm throw
- bounce
- forehand strike ([ACPMP043](#))

Personal and social capability

Combination of locomotor and object [control](#) skills in [minor games](#) ([ACPMP043](#); [ACPMP044](#))

Locomotor skills:

- run
- jump
- dodge ([ACPMP043](#))

Ways to maintain a balanced position when connecting movements ([ACPMP045](#))

Movement skills and tactics to achieve an outcome:

- creating scoring opportunities
- problem solving to achieve an outcome ([ACPMP045](#))

Understanding movement

Benefits of regular [physical activity](#) and [physical fitness](#) to health and [wellbeing](#):

- improved sleep
- social contact ([ACPMP046](#))

Movement skills that combine the elements of effort, space, time, objects and people ([ACPMP047](#))

Learning through movement

Cooperation skills and practices to ensure everyone is included in all physical activities ([ACPMP048](#))

Transfer of skills and knowledge to [solve movement challenges](#) ([ACPMP049](#))

Basic rules and scoring systems to keep physical activities safe and fair ([ACPMP050](#))

Year 5

Movement and physical activity

Moving our body

Fundamental movement skills demonstrating adjustment of [force](#) and speed to improve accuracy and [control](#) ([ACPMP061](#); [ACPMP065](#))

Linking of [fundamental movement skills](#) to specific skills used in organised games, sports and activities, such as linking throwing to basketball passing and shooting ([ACPMP061](#); [ACPMP065](#))

Basic strategies and tactics to successfully achieve a movement outcome or goal:

- body awareness
- spatial awareness
- relationship to and with objects, people and space ([ACPMP063](#))

Understanding movement

Benefits of regular [physical activity](#) and [physical fitness](#) to physical, mental and emotional [wellbeing](#):

- control of blood pressure
- reduced risk of heart disease
- reduced stress
- improved concentration ([ACPMP064](#))

Manipulation and modification of the elements of effort, space, time, objects and people, and their effects on movement skills ([ACPMP065](#))

Learning through movement

Responsibilities of different roles in a range of physical activities, such as:

- player
- coach
- referee/umpire

([ACPMP067](#))

Ethical behaviour in applying rules in all game situations ([ACPMP069](#))

Year 6

Movement and physical activity

Moving our body

Fundamental movement skills demonstrating adjustment of [force](#) and speed to improve accuracy and [control](#) ([ACPMP061](#); [ACPMP065](#))

Linking of [fundamental movement skills](#) to specific skills used in organised games, sports and activities, such as linking kicking to passing and shooting in soccer ([ACPMP061](#); [ACPMP065](#))

Basic strategies and tactics to successfully achieve an offensive or defensive outcome or goal:

- use of appropriate skills
- spatial awareness
- relationship to and with objects, people and space([ACPMP063](#))

Understanding movement

Benefits of regular [physical activity](#) and [physical fitness](#) to health and [wellbeing](#):

- control of weight and blood fats, such as cholesterol
- improved concentration([ACPMP064](#))

The manipulation and modification of the elements of effort, space, time, objects and people, and their effects on movement skills ([ACPMP065](#))

Learning through movement

Interpersonal skills in physical activities, such as:

- encouragement of others
- negotiation and sharing roles and responsibilities
- dealing with conflicts and disagreements ([ACPMP067](#))

Solutions to [movement challenges](#) through the use of basic strategies and tactics ([ACPMP068](#))

Modification of rules and scoring systems in physical activities to create a more inclusive game and fairer contest ([ACPMP069](#))

Mr Matheson
7 March 2017

