



INSPIRE NURTURE BELIEVE ACHIEVE

Working together to be the best that we can be.

- Happiness
- Perserverance
- Resilience
- Kindness
- Friendship
- Respect

Teaching of Key Fundamental Movement Skills

	Early Years	Lower School		Middle School		Upper School	
		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
	Benchmark of when most pupils should demonstrate proficiency of the skill
	Consolidation and application of skill in sport contexts, games and physical activities