



Week Number	Gymnastics, Balance & Body Control	Traveling, Agility & Spatial Awareness	Coordination, Control, Sending & Receiving
1	Standing Balance	Different Ways To Travel	Hand-Eye Coordination
2	Seated Balance	Traveling With Others	Foot-Eye Coordination
3	Points of Contact & Bases	Creative Movement	Passing
4	Paired Balance	Direction & Levels	Dribbling
5	Balancing Using Equipment	Patterns & Sequences	Lifting & Carrying
6		Dance	
7	Dynamic Balances	Dodging	Throwing for Height
8	Dimensions	Movement to Attack	Throwing for Distance
9	Creative Shapes	Movement to Defend	Throwing for Accuracy
10	Flexibility	Capture	Bouncing
11	Jumping & Landing	Speed	Rolling, Pushing & Bowling
12	Flight	Stopping & Starting	Strike Using The Body
13		Dance	
14	Rocking	Acceleration & Deceleration	Strike Using Equipment
15	Log Roll	Races	Catching From Self
16	Forwards Roll	Different Ways To Travel	Catching From Others
17	Standing Balance	Traveling With Others	Catching With Equipment
18	Seated Balance	Creative Movement	Trapping
19	Points of Contact & Bases	Direction & Levels	Hand-Eye Coordination
20		Dance	
21	Paired Balance	Patterns & Sequences	Foot-Eye Coordination
22	Balancing Using Equipment	Dodging	Passing
23	Dynamic Balances	Movement to Attack	Dribbling
24	Dimensions	Movement to Defend	Lifting & Carrying
25	Creative Shapes	Capture	Throwing for Height
26	Flexibility	Speed	Throwing for Distance
27		Dance	
28	Jumping & Landing	Stopping & Starting	Throwing for Accuracy
29	Flight	Acceleration & Deceleration	Bouncing
30	Rocking	Races	Rolling, Pushing & Bowling
31	Log Roll	Different Ways To Travel	Strike Using The Body
32	Forwards Roll	Traveling With Others	Strike Using Equipment
33	Standing Balance	Creative Movement	Catching From Self
34		Dance	
35	Seated Balance	Direction & Levels	Catching From Others
36	Points of Contact & Bases	Patterns & Sequences	Catching With Equipment
37	Paired Balance	Dodging	Trapping
38	Balancing Using Equipment	Movement to Attack	Hand-Eye Coordination
39	Dynamic Balances	Movement to Defend	Foot-Eye Coordination