The Junior Primary PE program places huge emphasis on the importance of Fundamental Movement Skills as an essential component of developing movement and coordination skills in early childhood. Fundamental Movement Skills (FMS) are the movement patterns that involve different body parts. They are the foundation movements or precursor patterns to the more specialised, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation. These skills are taught and incorporated both incidentally and explicitly throughout the JP PE Program at BPS.

**Strand & Sub-Strands**
Movement & Physical Activity
- Moving our Bodies
- Understanding Movement
- Learning Through Movement

**Unit overview – Skill development**

**Kicking & Punting**
Developing Skills: rotation, balance, transfer of body weight, hand/foot coordination, footwork, direction, strength, stepping, leaping, following through, trapping, firm foot, arm positioning

**Mini Netball**
Developing Skills: catching, throwing, passing, shooting, hand/eye coordination, footwork, transfer of body weight, directions, cooperation, communication

**Throwing & Catching**
Developing Skills: foot positioning, arm and elbow positioning, grip on ball, finger placement, stance, extension, follow through, aim, strength, accuracy, eyes focused, hand/eye coordination