



Ready to Run Your PMP with Confidence?

The Ultimate PMP Resource gives you everything you need to deliver engaging, structured and purposeful PMP sessions - without the guesswork.

With the full program, you'll get:

- 40 weeks of structured PMP lessons
- A complete 100+ station library cards with progressions
- Full Skill Builder Card Packs
- Curriculum-aligned learning intentions and assessment tools
- Clear weekly plans to save time and reduce planning stress

👉 Explore the full Ultimate PMP Resource here:

activeeducationaustralia.edu.au/product/the-ultimate-pmp-program-vic-curric-2-0/



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Foundation – Level 2 A Complete Year of Movement Mastery

A practical Perceptual Movement Program
designed for teachers.

Includes four sequenced terms, 40 weeks of
structured stations, curriculum-aligned learning
intentions, assessment pathways, and easy-to-run
activities that build confident, capable movers.



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Active Education Australia acknowledges the Traditional Custodians of the lands on which this program is delivered. We pay our respects to Elders past and present and recognise the continuing connection of Aboriginal and Torres Strait Islander peoples to Country, culture and community.

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What is The Ultimate PMP?

The Ultimate PMP is a structured Perceptual Motor Program (PMP) designed to develop the **foundational movement, sensory, cognitive, and social-emotional skills** that young students need for young students need to participate confidently in school, PE and lifelong physical activity. PMP recognises that students learn through movement and that their ability to move confidently affects:

- their engagement in physical education
- their attention and readiness to learn
- their social connections
- their sense of safety and belonging
- their emotional regulation
- their literacy and numeracy development (e.g. midline crossing, tracking, sequencing)

PMP is built around eight core skill categories that collectively support the development of fundamental movement, coordination, and safe participation in physical activity.

The 8 PMP Categories:

1. Locomotion
2. Balance and Stability
3. Object Control (Eye-Hand / Eye-Foot) – *Note: Not a PMP category*
4. Tracking and Visual Perception
5. Coordination and Crossing the Midline
6. Agility / Pathways / Spatial Awareness
7. Cognitive / Sequencing / Patterns
8. Fine Motor and Core Strength

Evolving the Role of Object Control in Perceptual Motor Programs

Historically, Perceptual Motor Programs (PMPs) have focused on perceptual processing, balance, coordination, and spatial awareness, often excluding explicit Fundamental Motor Skill (FMS) instruction. This reflects the view that strong perceptual foundations support later motor skill development.

While this program includes movements commonly associated with Fundamental Movement Skills such as throwing, catching, and rolling, these movements are experienced within a perceptual–motor context rather than taught or assessed as



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technical performance skills. Object control is approached as a perceptual–motor concept, where students explore timing, force, space, and prediction in response to dynamic tasks.

Throughout this resource, object control is presented as the application layer of perceptual–motor development, where perception and movement operate together in real time. These activities prioritise exploration, noticing, and adaptive responses over correction or performance assessment, reflecting a contemporary PMP approach that prepares students to respond flexibly to the dynamic movement demands of the modern world.

How to Use This Manual Effectively

This manual is structured as a practical toolkit. Here's how to get the most out of it:

Step 1 -Start with the Curriculum and Philosophy (Part 1)

Step 2 -Read the PMP Yearly Structure (Part 2)

Step 3 -Use the Weekly Timetables for Teaching (Part 4)

Step 4 -Apply Learning Intentions and Success Criteria (Part 3)

Step 5 -Reference Assessment and Rubrics (Part 5)

Step 6 -Apply Inclusion and Differentiation (Part 6)

Step 7 -Use the PMP Station Cards

Why Use These Cards?

The Ultimate PMP Skill Builder Cards are designed to bring your PMP sessions to life by adding purpose, variety and challenge—without increasing your planning load.

These cards support students to:

- Develop physical literacy through movement, balance, coordination and spatial awareness
- Strengthen thinking through movement, supporting sequencing, decision-making and problem-solving
- Build confidence and independence through clear, visual prompts
- Improve focus and readiness to learn, by engaging both body and brain
- Experience success, with opportunities to differentiate and extend learning at every level

For teachers, these cards provide a simple way to:

- Differentiate instantly without redesigning stations
- Add structure and clarity to PMP sessions
- Promote student voice, choice and creativity
- Maximise engagement and movement time

These cards work alongside your PMP program to create dynamic, inclusive and purposeful learning environments, where students are not just moving, but learning through movement

How to Use These Cards

Include:

Place 1 card at each station

Use cards as:

- challenge prompts
- movement instructions
- decision-making tools

Rotate cards each lesson.



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Real Program Context

These cards are most powerful when used within a structured PMP rotation. Here's an example of how they fit into a weekly program:

TERM 1 Weeks 4–6

Focus Activities:

- Bead Tweezers (P. 21)
- Balance Beam (Narrow) (P. 9)

Week	Focus A	Focus B	Rotation 1	Rotation 2	Rotation 3	Rotation 4
Week 4	Bead Tweezers (P. 22)	Balance Beam (Narrow) (P. 9)	Peg Pick-Up (P. 69)	Stepping Stones (P. 90)	Shape Balance Cards (P. 82)	Plank Challenge (P. 70)
Week 5	Bead Tweezers (P. 22)	Balance Beam (Narrow) (P. 9)	Tweezer Transfer (P. 98)	Hop and Hold (P. 51)	Cone Tap (P. 35)	Table Pose (P. 91)
Week 6	Bead Tweezers (P. 22)	Balance Beam (Narrow) (P. 9)	Lacing Cards (P. 57)	Beanbag Walk (P. 23)	Step-Overs (P. 89)	Sensory Path (P. 81)



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The Ultimate PMP Station Cards (The Program in Action)

Images shown in this resource are illustrative examples of how activities may look. Students may move in different ways, and images should not be interpreted as performance standards.

These station cards are designed to be used alongside the Ultimate PMP Resource and Implementation Guide, which outlines the pedagogical framework underpinning their use.



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Using The Station Cards

The station cards in this resource are designed to support perceptual–motor exploration rather than skill mastery. Each card offers a structured opportunity for students to engage with movement, space, objects, and their own bodies in a safe and purposeful way.

Station activities are not intended to be taught as drills, assessed against performance criteria, or corrected for accuracy. Instead, they invite students to explore timing, force, balance, coordination, and spatial awareness through movement experiences.

Teachers are encouraged to observe how students engage with each station, notice emerging movement strategies, and use prompts to support awareness rather than instruction.

While the station cards focus on exploration rather than skill mastery, the PMP manual includes assessment documentation that allows teachers to track student progress over time. These tools support observation of developmental growth in areas such as balance, coordination, spatial awareness, and confidence, helping teachers demonstrate meaningful learning outcomes while maintaining the program’s explorative nature.

Understanding The Sections Of Each Station Card

“How to Play”

The “How to Play” steps provided for each activity are intended as simple entry points into exploration, not as technique instructions or performance expectations.

These steps describe what the activity involves, not how it must be performed.

Students may move in different ways, pause, adjust, or approach activities creatively while still engaging successfully.

“Theme Focus”

The Theme Focus identifies the primary developmental area targeted by the activity. It clarifies the underlying perceptual–motor concept being explored (in this case, object control), helping teachers understand the movement intention behind the task and connect it to broader developmental outcomes.

“Suggested Set Up”

The Suggested Set Up provides practical guidance on how to organise the environment to maximise engagement, safety, and independence. It outlines space requirements, equipment placement, and structure so that students can explore the activity with minimal disruption and clear boundaries.

“Active Prompts”

Active Prompts support teacher observation and inquiry-based guidance. Rather than directing or correcting, these prompts encourage students to think about their movement choices, experiment with force and control, and build awareness through exploration.

“Modify It”

The Modify It section offers differentiation options to support a range of abilities and developmental stages. Simplifications reduce task complexity, while extensions increase challenge, ensuring the activity remains accessible, purposeful, and responsive to individual needs.

“Equipment”

The Equipment section lists the materials required to run the activity effectively. It supports efficient preparation and ensures the tools used align with the developmental focus of the task.

“Safety”

The Safety section highlights key considerations to maintain a secure movement environment. It reminds teachers to monitor space, equipment use, and student proximity to ensure the activity remains physically and emotionally safe for all participants.

ANIMAL WALK CIRCUIT

Theme focus: Locomotion



HOW TO PLAY



1. Start at the first cone. The teacher can choose an animal to mimic the movement to. e.g. A bear, snake, crab, rabbit etc. Begin moving along the marked pathway.
2. Use your whole body to match the movements of the animal you selected.
3. Stay inside your lane and continue the movement all the way to the end.

Teaching Cues: "Show me how your animal moves around the floor."



SUGGESTED SET UP

Create straight lanes using cones with clear start and finish points. Space lanes apart to prevent collisions.



ACTIVE PROMPTS

1. How did you change your body to move like your animal?
2. What helped you stay in your lane while moving?



MODIFY IT

Simplify It:

Shorten the distance.

Extend It:

Add obstacles for animals to move around.



EQUIPMENT

Cones



SAFETY

Keep pathways clear so students don't collide during animal movements.

BALL BOUNCE

Theme focus: Object Control



HOW TO PLAY



1. Stand at the marked spot with a ball.
2. Push the ball down to the floor one time.
3. Catch the ball with two hands.

Teaching Cues: “Push the ball down.”



SUGGESTED SET UP

Allocate personal space squares for each student. Keep students spaced to prevent ball crossover.



ACTIVE PROMPTS

1. What does the ball do after it hits the floor?
2. What happens when you push the ball softly?



MODIFY IT

Simplify It:

Use a larger ball.

Extend It:

Use a smaller ball to bounce. Try catching the ball with one hand only.



EQUIPMENT

Ball, spot markers.



SAFETY

Keep the ball below waist height.

BEANBAG WALK

Theme focus: Balance and Stability



HOW TO PLAY

1. Place the beanbag on top of your head.
2. Walk toward the next marker.
3. Keep the beanbag on your head until you reach the marker.

Teaching Cues: “Tall body”



SUGGESTED SET UP

Create straight walking pathways with markers. Ensure obstacles are spaced apart.



ACTIVE PROMPTS

1. What is the best way to walk to keep the bean bag on your head?
2. What happens when you take bigger steps?



MODIFY IT

Simplify It:

Use a larger beanbag.

Extend It:

Walk around cones.



EQUIPMENT

Beanbags



SAFETY

Keep clear spaces between students while walking.



PMP Skill Builder Card Packs

Flexible, visual resources that allow teachers to differentiate, extend and challenge PMP stations with minimal extra planning. These cards support physical literacy, sequencing, balance and spatial awareness, helping students move, think and create with confidence.



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Skill Builder Card Packs

Alphabet/Letter Cards



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A

B

C

D



Skill Builder Card Packs

Colour Cue Cards



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Blue



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Green



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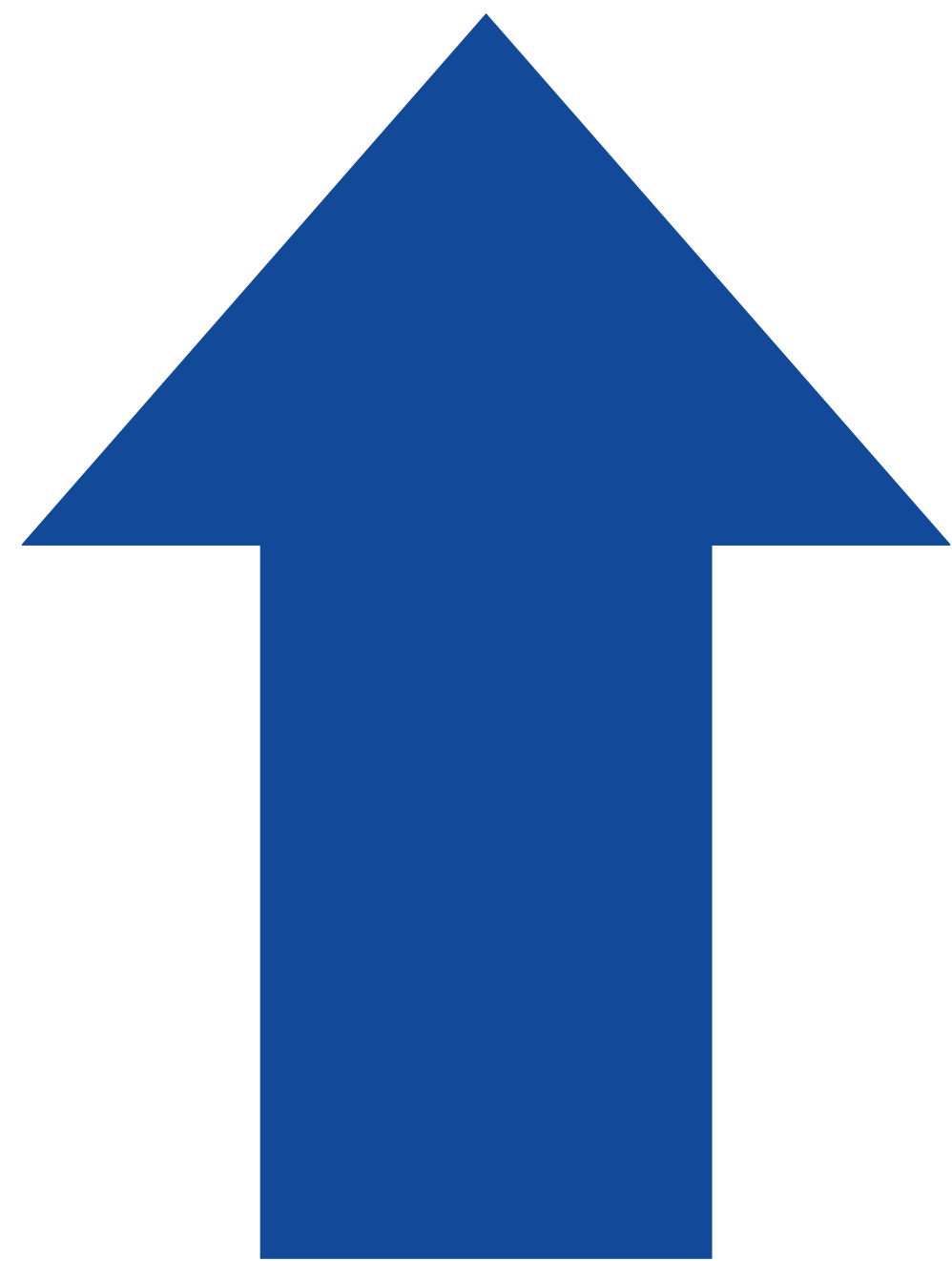
Skill Builder Card Packs

Direction Arrow Flash Cards



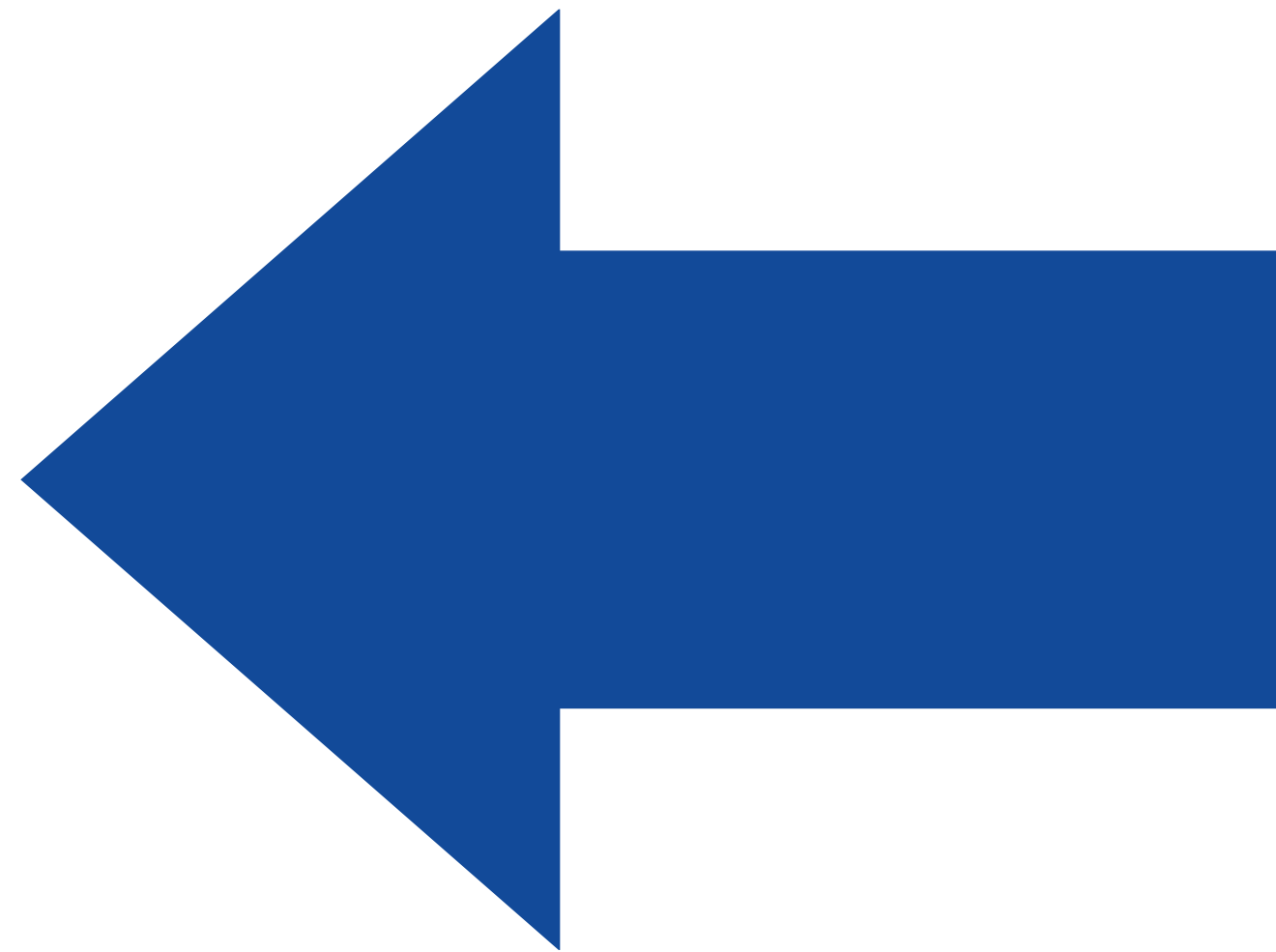
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Up /
Forward





Left





Skill Builder Card Packs

Distance Sorting Cards



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Skill Builder Card Packs

Left/Right Sorting Cards



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Skill Builder Card Packs

Number Cards



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1

2

3



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4



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Skill Builder Card Packs

Shape Balance Pose Cards.



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Wide Shape

Instructor Description

Legs and arms stretched wide



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Narrow Shape

Instructor Description

Body long and thin



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