



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Weeks

Fundamental Movement Skill Focus

Unit	Cog Focus	Learning Journeys	Weeks	Fundamental Movement Skill Focus
Unit 1	Personal	<ul style="list-style-type: none"> I know where I am with my learning and I have begun to challenge myself ◆ I try several times if at first I don't succeed and I ask for help when appropriate ■ I can follow instructions, practise safely and work on simple tasks by myself ▲ 	1-3	Coordination: Footwork
			4-6	Static Balance: One Leg
Unit 2	Social	<ul style="list-style-type: none"> I show patience and support others. I am happy to show and tell others about my ideas ◆ I can help praise and encourage others in their learning ■ I can work sensibly with others, taking turns and sharing ▲ 	7-9	Dynamic Balance to Agility: Jumping and Landing
			10-12	Static Balance: Seated
Unit 3	Cognitive	<ul style="list-style-type: none"> I can explain what I am doing well and I have begun to identify areas for improvement ◆ With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well ■ I can understand and follow simple rules and can name some things I am good at ▲ 	13-15	Dynamic Balance: On a Line
			16-18	Static Balance: Stance
Unit 4	Creative	<ul style="list-style-type: none"> I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music ◆ I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme ■ I can explore and describe different movements ▲ 	19-21	Coordination: Ball Skills
			22-24	Counter Balance: With a Partner
Unit 5	Applying Physical	<ul style="list-style-type: none"> I can select and apply a range of skills with good control and consistency ◆ I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed ■ I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together ▲ 	25-27	Coordination: Sending and Receiving
			28-30	Agility: Reaction/Response
Unit 6	Health and Fitness	<ul style="list-style-type: none"> I can describe how and why my body feels during and after exercise. ◆ I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely ■ I am aware of why exercise is important for good health ▲ 	31-33	Agility: Ball Chasing
			34-36	Static Balance: Floor Work

1



**Rock,
Paper,
Scissors**



Footwork



**Footwork
Follow the
Leader**



**Footwork
Frenzy**



**Time
Shares**

2



**Rock,
Paper,
Scissors**



Footwork



**Lose your
Shadow**



**Creating
Footwork
Pathways**



**Time
Shares**

3



**Rock,
Paper,
Scissors**



Footwork



**Creating
Footwork
Pathways**



**Matching
Pairs**



**Time
Shares**

4



**Snap,
Crackle, Pop**



**One Leg
Balance**



**Mirror
Image
(1 leg)**



**Balance
and Reach**



**Time
Shares**

5



**Snap,
Crackle, Pop**



**One Leg
Balance**



**Mirror
Challenge
(1 leg)**



**Use the
Force**



**Time
Shares**

6



**Snap,
Crackle, Pop**



**One Leg
Balance**



**Use the
Force**



**Balloon
Balance**



**Time
Shares**

1



Stepping Stones



Jumping and Landing



Clapping Game



Develop Jumping Combinations (Cooperative)



Taps for Congrats

2



Stepping Stones



Jumping and Landing



Develop Jumping Combinations (Cooperative)



Jumping Frenzy



Taps for Congrats

3



Stepping Stones



Jumping and Landing



Rope Jumps



Develop Jumping Combinations (Competitive)



Taps for Congrats

4



Find and Select Shapes



Seated Balance



Exchange Objects in 3s



Sit 'n' Flip



Taps for Congrats

5



Find and Select Shapes



Seated Balance



Mirror Image Seated



Seated Goalball



Taps for Congrats

6



Find and Select Shapes



Seated Balance



Seated Goalball



Exchange Objects



Taps for Congrats

1



Race Walking



Dynamic Balance on a Line



Balance Circuit



Rock, Paper, Scissors (Adapted)



Questions Carousel

2



Race Walking



Dynamic Balance on a Line



Creating Dynamic Balance Pathways



Line Shuffle



Questions Carousel

3



Race Walking



Dynamic Balance on a Line



Balance Circuit



3 Limb Race



Questions Carousel

4



Stuck in the Mud



Stance



Below the Knee



Balance Shape Off



Questions Carousel

5



Stuck in the Mud



Stance



Develop Stance Combinations



Team Tunnels



Questions Carousel

6



Stuck in the Mud



Stance



Balance Sequences



Balance Transfer (competitive)



Questions Carousel

1



Grand Prix



Ball Skills

Getting Around Us
(cooperative)

Ball Tricks

Badge
of
Honour

Badge of Honour

2



Grand Prix



Ball Skills



All Routes



Ball Tricks

Badge
of
Honour

Badge of Honour

3



Grand Prix



Ball Skills



Bounce Off

Getting Around Us
(competitive)Badge
of
Honour

Badge of Honour

4



On the Mat



Counter Balance with a Partner



Lean Away



Reaching out

Badge
of
Honour

Badge of Honour

5



On the Mat



Counter Balance with a Partner



Lean on Me



Counter Balance Sequences

Badge
of
Honour

Badge of Honour

6



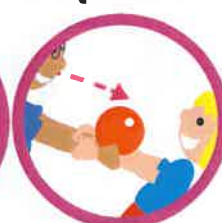
On the Mat



Counter Balance with a Partner



Counter Balance Sequences



Roller Ball

Badge
of
Honour

Badge of Honour

Lesson

Warm-Up

Skill

Skill Application

Review Method

1



Continuous Throwing Relay



Sending and Receiving



Junk Yard Clear Up



Collect your Rebound



Gift Cards

2



Continuous Throwing Relay



Sending and Receiving



Removal Team



Odds and Evens



Gift Cards

3



Continuous Throwing Relay



Sending and Receiving



Roll/Strike Tennis



Juggle Challenge



Gift Cards

4



Ball Handling



Reaction and Response



Link Skills



React and Grab



Gift Cards

5



Ball Handling



Reaction and Response



Copy your Partner



React and Grab



Gift Cards

6



Ball Handling



Reaction and Response



Cooperative Challenges



Quick off the Mark



Gift Cards

Units

5

1

**Ball Tricks**

/2x

**Ball Chasing****Develop
Ball Chasing
Combinations****Rolling
Relay****Always,
Sometimes,
Rarely**

2

**Ball Tricks****Ball Chasing****Develop
Ball Chasing
Combinations****Grand Prix
Solo****Always,
Sometimes,
Rarely**

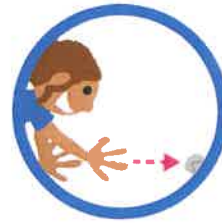
3

**Ball Tricks****Ball Chasing****Grand Prix
Pairs****Tunnels****Always,
Sometimes,
Rarely**

4

**Balance
Dice Frenzy****Floor Work
Balance****Body
Twister****Floor Work
Races****Always,
Sometimes,
Rarely**

5

**Balance
Dice Frenzy****Floor Work
Balance****Front
Curling****Pass the
Parcel****Always,
Sometimes,
Rarely**

6

**Balance
Dice Frenzy****Floor Work
Balance****Dice Frenzy
(Points/
Patches)****Cone
Transfer****Always,
Sometimes,
Rarely**

