



### Multi-ability Cog Focus & Learning Journeys

◆ Exceeding    ■ Expected    ▲ Working towards

## Unit 1



Personal

- I can follow instructions, practise safely and work on simple tasks by myself ◆
- I enjoy working on simple tasks with help ■

## Unit 2



Social

- I can work sensibly with others, taking turns and sharing ◆
- I can play with others and take turns and share with help ■

## Unit 3



Cognitive

- I can understand and follow simple rules and can name some things I am good at ◆
- I can follow simple instructions ■

## Unit 4



Creative

- I can explore and describe different movements ◆
- I can observe and copy others ■

## Unit 5



Applying Physical

- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together ◆
- I can move confidently in different ways ■

## Unit 6



Health and Fitness

- I am aware of why exercise is important for good health ◆
- I am aware of the changes to the way I feel when I exercise ■

### Weeks Fundamental Movement Skill Focus

### Theme

1-3

Coordination:  
Footwork



**Bike**

4-6

Static Balance:  
One Leg



**Pirates**

7-9

Dynamic Balance  
to Agility:  
Jumping and Landing



**Space**

10-12

Static Balance:  
Seated



**Jungle**

13-15

Dynamic Balance:  
On a Line



**Train**

16-18

Static Balance:  
Stance



**Circus -  
Tightrope**

19-21

Coordination:  
Ball Skills



**Circus -  
Clowns**

22-24

Counter Balance:  
With a Partner



**Seaside**

25-27

Coordination:  
Sending and Receiving



**Circus -  
Jugglers**

28-30

Agility:  
Reaction/Response



**Fairy tale**

31-33

Agility:  
Ball Chasing



**Squirrel**

34-36

Static Balance:  
Floor Work



**Cat**

1



**Bike  
Adventure**



**Exploring  
Footwork**



**I'm Riding  
on my Bike**



**The  
Instructor  
Says**



**Time  
Shares**

2



**Bike  
Adventure**



**Footwork**



**I'm Riding  
on my Bike**



**Off for a  
Ride**



**Time  
Shares**

3



**Bike  
Adventure**



**Footwork**



**Off for a  
Ride**



**The Instructor  
Says**



**Time  
Shares**

4



**Pirate  
Adventure**



**Exploring One  
Leg Balance**



**Oh! You'll  
Never Get  
to Sea**



**Pirate  
Statues**



**Time  
Shares**

5



**Pirate  
Adventure**



**One Leg  
Balance**



**Oh! You'll  
Never Get  
to Sea**



**Popping  
Pirates**



**Time  
Shares**

6



**Pirate  
Adventure**



**One Leg  
Balance**



**Popping  
Pirates**



**Pirate  
Statues**

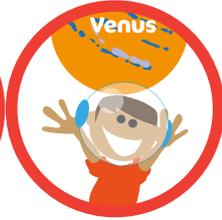


**Time  
Shares**

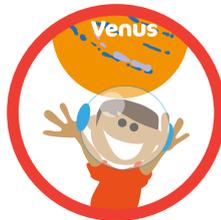
1

Moon  
AdventureExploring  
Jumping and  
LandingI Jumped  
Aboard a  
Rocket ShipCrazy  
CratersTaps for  
Congrats

2

Moon  
AdventureJumping and  
LandingI Jumped  
Aboard a  
Rocket ShipHome  
PlanetTaps for  
Congrats

3

Moon  
AdventureJumping and  
LandingHome  
PlanetCrazy  
CratersTaps for  
Congrats

4

Fun in the  
JungleExploring  
Seated BalanceFive  
Cheeky  
MonkeysMonkey  
MirrorTaps for  
Congrats

5

Fun in the  
JungleSeated  
BalanceFive  
Cheeky  
MonkeysCheeky  
Monkey  
SaysTaps for  
Congrats

6

Fun in the  
JungleSeated  
BalanceCheeky  
Monkey SaysMonkey  
MirrorTaps for  
Congrats

1



**Train  
Adventure**



**Exploring  
Dynamic Balance  
on a Line**



**Five Little  
Puffer Trains**



**Train Trip**



**Magic Bean  
Bags**

2



**Train  
Adventure**



**Dynamic  
Balance on a  
Line**



**Five Little  
Puffer Trains**



**Puffing  
Along**



**Magic Bean  
Bags**

3



**Train  
Adventure**



**Dynamic Balance  
on a Line**



**Puffing  
Along**



**Train Trip**



**Magic Bean  
Bags**

4



**Line Out**



**Exploring  
Stance**



**Children  
on a Rope**



**Balancing  
Act**



**Magic Bean  
Bags**

5



**Line Out**



**Stance**



**Children  
on a Rope**



**Tightrope  
Twins**



**Magic  
Bean  
Bags**

6



**Line Out**



**Stance**



**Tightrope  
Twins**



**Balancing  
Act**



**Magic Bean  
Bags**

1



**Clown's  
Naughty  
Ball**



**Exploring Ball  
Skills**



**Shoulders.  
Tummy, Knees  
and Toes**



**Clown  
Tricks**



**Badge of  
Honour**

2



**Clown's  
Naughty  
Ball**



**Ball Skills**



**Shoulders.  
Tummy, Knees  
and Toes**



**Add a  
Clown  
Move**



**Badge of  
Honour**

3



**Clown's  
Naughty  
Ball**



**Ball Skills**



**Add a  
Clown  
Move**



**Clown  
Tricks**



**Badge of  
Honour**

4



**Off to the  
Seaside**



**Exploring  
Counter Balance  
with a Partner**



**Hold on  
Tight**



**Sea  
Bingo**



**Badge of  
Honour**

5



**Off to the  
Seaside**



**Counter Balance  
with a Partner**



**Hold on  
Tight**



**Whacky  
Water Sports**



**Badge of  
Honour**

6



**Off to the  
Seaside**



**Counter  
Balance  
with a Partner**



**Whacky  
Water Sports**



**Sea Bingo**



**Badge of  
Honour**

1



**Circus  
Training  
School**



**Exploring  
Sending and  
Receiving**



**Bouncing  
Balls**



**Big Top  
Time**



**Gift Cards**

2



**Circus  
Training  
School**



**Sending and  
Receiving**



**Bouncing  
Balls**



**Big Top  
Time**



**Gift Cards**

3



**Circus  
Training  
School**



**Sending and  
Receiving**



**Partner  
Juggle**



**Dice Dance –  
Jugglers**



**Gift Cards**

4



**Land of the  
Beans**



**Exploring  
Reaction and  
Response**



**RINGO**



**Magic  
Beans**



**Gift Cards**

5



**Land of the  
Beans**



**Reaction and  
Response**



**RINGO**



**Quick as  
a Flash**



**Gift Cards**

6



**Land of the  
Beans**



**Reaction and  
Response**



**Magic  
Beans**



**Dice Dance –  
Fairy tale**



**Gift Cards**

1



The Hairy,  
Scary  
Woods



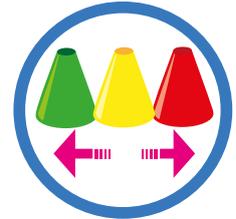
Exploring Ball  
Chasing



Two Cheeky  
Squirrels



Collecting  
Nuts for  
Winter



Always,  
Sometimes,  
Rarely

2



The Hairy,  
Scary  
Woods



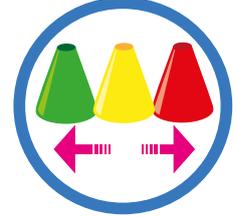
Ball Chasing



Two Cheeky  
Squirrels



What's  
in the  
Woods?



Always,  
Sometimes,  
Rarely

3



The Hairy,  
Scary  
Woods



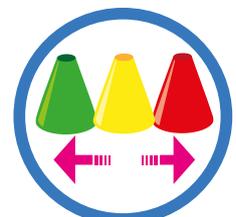
Ball Chasing



What's  
in the  
Woods?



Collecting  
Nuts for  
Winter



Always,  
Sometimes,  
Rarely

4



Little  
Kitties time  
to Play



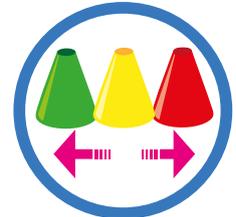
Exploring  
Floor Work  
Balance



Hungry,  
Hungry  
Caspar Cat



Find the  
Mice



Always,  
Sometimes,  
Rarely

5



Little  
Kitties time  
to Play



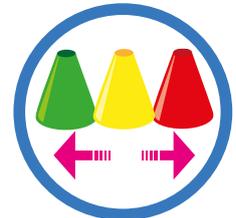
Floor Work  
Balance



Hungry,  
Hungry  
Caspar Cat



Create a Cat



Always,  
Sometimes,  
Rarely

6



Little  
Kitties time  
to Play



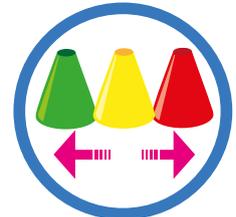
Floor Work  
Balance



Create  
a Cat



Find the Mice



Always,  
Sometimes,  
Rarely