



### Multi-ability Cog Focus & Learning Journeys

◆ Exceeding   ■ Expected   ▲ Working towards

## Unit 1



- 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 ■
- I enjoy working on simple tasks with help ▲

## Unit 2



- I can help praise and encourage others in their learning ◆
- I can work sensibly with others, taking turns and sharing ■
- I can play with others and take turns and share with help ▲

## Unit 3



- I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance ◆
- I can understand and follow simple rules and can name some things I am good at ■
- I can follow simple instructions ▲

## Unit 4



- 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 ■
- I can observe and copy others ▲

## Unit 5



- 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 ■
- I can move confidently in different ways ▲

## Unit 6



- 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 ■
- 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**



**Footwork**



**I'm Riding  
on my Bike**



**The  
Instructor  
Says**



**Time  
Shares**

2



**Bike  
Adventure**



**Footwork**



**Off for  
a Ride**



**Bike Frenzy**



**Time  
Shares**

3



**Bike  
Adventure**



**Footwork**



**The  
Instructor  
Says**



**Bike Frenzy**



**Time  
Shares**

4



**Pirate  
Adventure**



**One Leg  
Balance**



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



**Captain's  
Treasure**



**Time  
Shares**

5



**Pirate  
Adventure**



**One Leg  
Balance**



**Popping  
Pirates**



**Captains  
Treasure**



**Time  
Shares**

6



**Pirate  
Adventure**



**One Leg  
Balance**



**Pirate  
Statues**



**Popping  
Pirates**



**Time  
Shares**

1

Moon  
AdventureJumping and  
LandingI Jumped  
Aboard a  
Rocket ShipAsteroid  
ShowerTaps for  
Congrats

2

Moon  
AdventureJumping and  
LandingAsteroid  
ShowerHome  
PlanetTaps for  
Congrats

3

Moon  
AdventureJumping and  
LandingHome  
PlanetCrazy  
CratersTaps for  
Congrats

4

Fun in the  
JungleSeated  
BalanceFive  
Cheeky  
MonkeysCheeky  
Monkey  
SaysTaps for  
Congrats

5

Fun in the  
JungleSeated  
BalanceMonkey  
MirrorThrow  
the FruitTaps for  
Congrats

6

Fun in the  
JungleSeated  
BalanceThrow  
the FruitMonkey  
TricksTaps for  
Congrats

1



**Train  
Adventure**



**Dynamic  
Balance  
on a Line**



**Five Little  
Puffer Trains**



**Tandem  
Trains**



**Magic Bean  
Bags**

2



**Train  
Adventure**



**Dynamic  
Balance  
on a Line**



**Puffing  
Along**



**Tandem  
Trains**



**Magic Bean  
Bags**

3



**Train  
Adventure**



**Dynamic  
Balance  
on a Line**



**Wobbly  
Bridge**



**Train Trip**



**Magic Bean  
Bags**

4



**Line Out**



**Stance**



**Children  
on a Rope**



**Tightrope  
Twins**



**Magic Bean  
Bags**

5



**Line Out**



**Stance**



**Tightrope  
Twins**



**Balancing  
Act**



**Magic  
Bean  
Bags**

6



**Line Out**



**Stance**



**Tightrope  
Sequence**



**Ring of Fire**



**Magic Bean  
Bags**

1



**Clown's  
Naughty  
Ball**



**Ball Skills**



**Shoulders,  
Tummy, Knees  
and Toes**



**Add a  
Clown  
Move**



**Badge of  
Honour**

2



**Clown's  
Naughty  
Ball**



**Ball Skills**



**Add a  
Clown  
Move**



**Clown  
Around**



**Badge of  
Honour**

3



**Clown's  
Naughty  
Ball**



**Ball Skills**



**Clown  
Tricks**



**Letters,  
Numbers and  
Shapes**



**Badge of  
Honour**

4



**Off to the  
Seaside**



**Counter  
Balance with a  
Partner**



**Hold on  
Tight**



**Whacky  
Water  
Sports**



**Badge of  
Honour**

5



**Off to the  
Seaside**



**Counter  
Balance with a  
Partner**



**Whacky  
Water  
Sports**



**Sea Bingo**



**Badge of  
Honour**

6



**Off to the  
Seaside**



**Counter  
Balance with a  
Partner**



**Seaside  
Sculptures**



**A Day on  
the Pier**



**Badge of  
Honour**

1



Ball Tricks



Sending and Receiving



Bouncing Balls



Balloon Juggle



Gift Cards

2



Ball Tricks



Sending and Receiving



Big Top Time



Balloon Juggle



Gift Cards

3



Ball Tricks



Sending and Receiving



Juggle Trouble



Circus Tennis



Gift Cards

4



Land of the Beans



Reaction and Response



RING O



Quick as a Flash



Gift Cards

5



Land of the Beans



Reaction and Response



Magic Beans



Magical Shapes and Letters



Gift Cards

6



Land of the Beans



Reaction and Response



Magical Shapes and Letters



Quick as a Flash



Gift Cards

1



**The Hairy,  
Scary  
Woods**



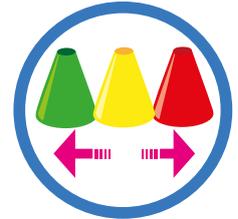
**Ball Chasing**



**Two Cheeky  
Squirrels**



**Squirrel  
Tricks**



**Always,  
Sometimes,  
Rarely**

2



**The Hairy,  
Scary  
Woods**



**Ball Chasing**



**Squirrel  
Tricks**



**Squirrel  
Grand Prix**



**Always,  
Sometimes,  
Rarely**

3



**The Hairy,  
Scary  
Woods**



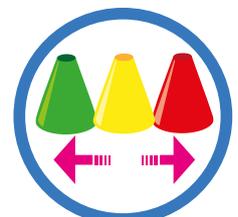
**Ball Chasing**



**Collecting  
Nuts for  
Winter**



**Squirrel  
Grand Prix**



**Always,  
Sometimes,  
Rarely**

4



**Little  
Kitties time  
to Play**



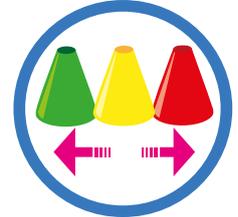
**Floor Work  
Balance**



**Hungry,  
Hungry  
Caspar Cat**



**Create  
a Cat**



**Always,  
Sometimes,  
Rarely**

5



**Little  
Kitties time  
to Play**



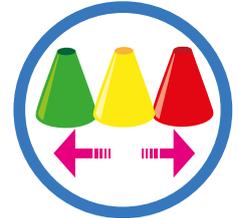
**Floor Work  
Balance**



**Create  
a Cat**



**Cat Capers**



**Always,  
Sometimes,  
Rarely**

6



**Little  
Kitties time  
to Play**



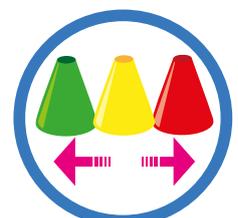
**Floor Work  
Balance**



**Cat  
Capers**



**Find the Mice**



**Always,  
Sometimes,  
Rarely**