



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	● I know where I am with my learning and I have begun to challenge myself ◆	1-3	Coordination: Footwork
		● I try several times if at first I don't succeed and I ask for help when appropriate ■		
Unit 1	Personal	● I can follow instructions, practise safely and work on simple tasks by myself ▲	4-6	Static Balance: One Leg
Unit 2	Social	● I show patience and support others. I am happy to show and tell others about my ideas ◆	7-9	Dynamic Balance to Agility: Jumping and Landing
		● I can help praise and encourage others in their learning ■		
Unit 2	Social	● I can work sensibly with others, taking turns and sharing ▲	10-12	Static Balance: Seated
Unit 3	Cognitive	● I can explain what I am doing well and I have begun to identify areas for improvement ◆	13-15	Dynamic Balance: On a Line
		● With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well ■		
Unit 3	Cognitive	● I can understand and follow simple rules and can name some things I am good at ▲	16-18	Static Balance: Stance
Unit 4	Creative	● I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music ◆	19-21	Coordination: Ball Skills
		● I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme ■		
Unit 4	Creative	● I can explore and describe different movements ▲	22-24	Counter Balance: With a Partner
Unit 5	Applying Physical	● I can select and apply a range of skills with good control and consistency ◆	25-27	Coordination: Sending and Receiving
		● 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 ■		
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 ▲	28-30	Agility: Reaction/Response
Unit 6	Health and Fitness	● I can describe how and why my body feels during and after exercise. ◆	31-33	Agility: Ball Chasing
		● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely ■		
Unit 6	Health and Fitness	● I am aware of why exercise is important for good health ▲	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**

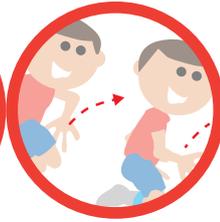


**Balloon
Balance**

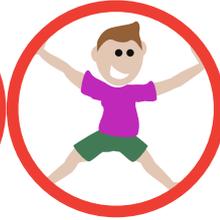


**Time
Shares**

1

Stepping
StonesJumping
and LandingClapping
GameDevelop Jumping
Combinations
(Cooperative)Taps for
Congrats

2

Stepping
StonesJumping
and LandingDevelop Jumping
Combinations
(Cooperative)Jumping
FrenzyTaps for
Congrats

3

Stepping
StonesJumping
and LandingRope
JumpsDevelop Jumping
Combinations
(Competitive)Taps for
Congrats

4

Find and
Select
ShapesSeated
BalanceExchange
Objects
in 3s

Sit 'n' Flip

Taps for
Congrats

5

Find and
Select
ShapesSeated
BalanceMirror
Image
SeatedSeated
GoalballTaps for
Congrats

6

Find and
Select
ShapesSeated
BalanceSeated
GoalballExchange
ObjectsTaps 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

Lesson

Warm-Up

Skill

Skill Application

Review Method

1



Grand Prix



Ball Skills



Getting Around Us (cooperative)



Ball Tricks



Badge of Honour

2



Grand Prix



Ball Skills



All Routes



Ball Tricks



Badge of Honour

3



Grand Prix



Ball Skills



Bounce Off



Getting Around Us (competitive)



Badge of Honour

4



On the Mat



Counter Balance with a Partner



Lean Away



Reaching out



Badge of Honour

5



On the Mat



Counter Balance with a Partner



Lean on Me



Counter Balance Sequences



Badge of Honour

6



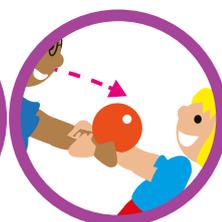
On the Mat



Counter Balance with a Partner



Counter Balance Sequences



Roller Ball



Badge of Honour

Unit 4

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

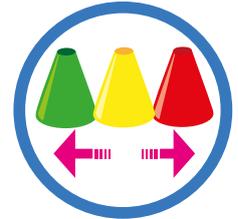
1



Ball Tricks



Ball Chasing

Develop
Ball Chasing
CombinationsRolling
RelayAlways,
Sometimes,
Rarely

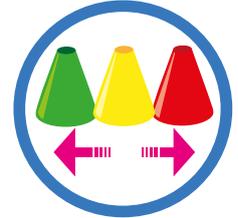
2



Ball Tricks



Ball Chasing

Develop
Ball Chasing
CombinationsGrand Prix
SoloAlways,
Sometimes,
Rarely

3



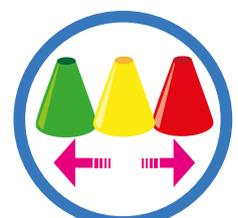
Ball Tricks



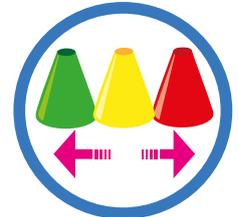
Ball Chasing

Grand Prix
Pairs

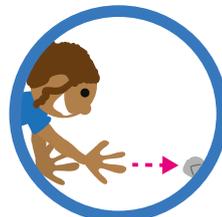
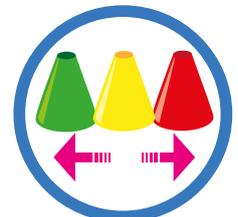
Tunnels

Always,
Sometimes,
Rarely

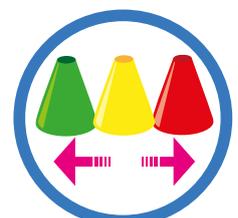
4

Balance
Dice FrenzyFloor Work
BalanceBody
TwisterFloor Work
RacesAlways,
Sometimes,
Rarely

5

Balance
Dice FrenzyFloor Work
BalanceFront
CurlingPass the
ParcelAlways,
Sometimes,
Rarely

6

Balance
Dice FrenzyFloor Work
BalanceDice Frenzy
(Points/
Patches)Cone
TransferAlways,
Sometimes,
Rarely