



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Unit 1



- I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice ◆
- 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 ▲

Weeks

Fundamental
Movement Skill Focus

1-3

Coordination:
Footwork

4-6

Static Balance:
One Leg

Unit 2



- I cooperate well with others and give helpful feedback. I help organise roles and responsibilities ◆
- I show patience and support others, listening well to others about our work. I am happy to show and tell them about my ideas ■
- I can help praise and encourage others in their learning ▲

7-9

Dynamic Balance
to Agility:
Jumping and Landing

10-12

Static Balance: Seated

Unit 3



- I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon ◆
- I can explain what I am doing well and I have begun to identify areas for improvement ■
- I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance ▲

13-15

Dynamic Balance:
On a Line

16-18

Coordination:
Ball Skills

Unit 4



- I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging ◆
- 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 ▲

19-21

Coordination:
Sending and Receiving

22-24

Counter Balance:
With a Partner

Unit 5



- I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities ◆
- I can perform and repeat longer sequences with clear shapes and controlled movement. 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 ▲

25-27

Agility:
Reaction/Response

28-30

Static Balance:
Floor Work

Unit 6



- I can describe the basic fitness components and explain how often and how long I should exercise to be healthy ◆
- I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down ■
- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely ▲

31-33

Agility:
Ball Chasing

34-36

Static Balance:
Stance

Lesson Warm-Up PB Challenge / Skill Skill / Skill Application Review Method

Unit 1

1



Remote Control



Matching Pairs (PB Challenge – Individual or Pair)



Footwork (Skill)



Beat the Clock (Skill App)



Time Shares

2



Remote Control



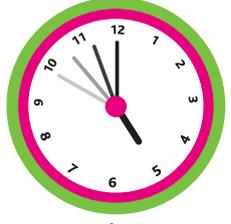
Footwork (Skill)



Footwork Follow the Leader (Skill App)



Footwork Games (Skill App)



Time Shares

3



Remote Control



Footwork (Skill)



Matching Pairs (PB Challenge – Individual or Pair)



Creating Footwork Pathways (Skill App)



Time Shares

4



Shadow Play



Balloon Balance (PB Challenge – Individual or Pair)



One Leg Balance (Skill)



Mirror Image (Skill App)



Time Shares

5



Shadow Play



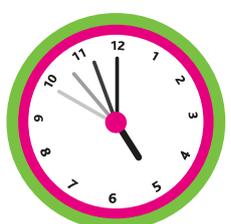
One Leg Balance (Skill)



Mirror Challenge (Skill App)



Use the Force (Skill App)



Time Shares

6



Shadow Play



One Leg Balance (Skill)



Balloon Balance (PB Challenge – Individual or Pair)



Balance and Reach (Skill App)



Time Shares

1



Alphaball Soup



Develop Jumping Combinations (PB Challenge – Individual or Pair)



Jumping and Landing (Skill)



Stepping Stones Crossing (Skill App)



Roles on a Bus

2



Alphaball Soup



Jumping and Landing (Skill)



Follow the Leader (Skill App)



Develop Jumping Combinations (Cooperative) (Skill App)



Roles on a Bus

3



Alphaball Soup



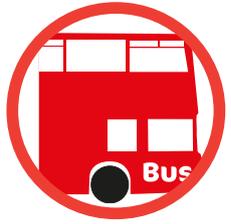
Jumping and Landing (Skill)



Develop Jumping Combinations (PB Challenge – Individual or Pair)



Jumping Frenzy (Skill App)



Roles on a Bus

4



Dice Frenzy



Exchange Objects (PB Challenge – Individual or Pair)



Seated Balance (Skill)



Mirror Image (Skill App)



Roles on a Bus

5



Dice Frenzy



Seated Balance (Skill)



Exchange Objects in 4s (Skill App)



Long Find and Select Shapes (Skill App)



Roles on a Bus

6



Dice Frenzy



Seated Balance (Skill)



Exchange Objects (PB Challenge – Individual or Pair)



Seated Races (Skill App)



Roles on a Bus

Lesson Warm-Up PB Challenge / Skill Skill / Skill Application Review Method

Units

1



Ball Control



3 Limb Race (PB Challenge - Pair)



Dynamic Balance on a Line (Skill)



Follow the Leader (4 Levels) (Skill App)



Questions Carousel

2



Ball Control



Dynamic Balance on a Line (Skill)



Raise the Level (Skill App)



Balance Circuit (Skill App)



Questions Carousel

3



Ball Control



Dynamic Balance on a Line (Skill)



3 Limb Race (PB Challenge - Pair)



Travel and Turn Differently (Skill App)



Questions Carousel

4



To Bank or not to Bank



Getting Around Us (PB Challenge - Individual or Pair)



Ball Skills (Skill)



Getting Around Us (Cooperative) (Skill App)



Questions Carousel

5



To Bank or not to Bank



Ball Skills (Skill)



All Routes (Skill App)



Ball Games (Skill App)



Questions Carousel

6



To Bank or not to Bank



Ball Skills (Skill)



Getting Around Us (PB Challenge - Individual or Pair)



Ball Skill Races (Skill App)

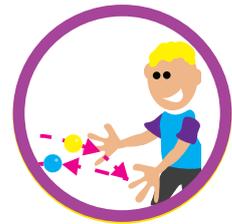


Questions Carousel

1



Ball Handling



Juggle Challenge (PB Challenge – Individual or Pair)



Sending and Receiving (Skill)



Roll/Strike Tennis (Skill App)



Badge of Honour

2



Ball Handling



Sending and Receiving (Skill)



Removal Team (Skill Application)



Send and Receive in Order (Skill App)



Badge of Honour

3



Ball Handling



Sending and Receiving (Skill)



Juggle Challenge (PB Challenge – Individual or Pair)



Bounce Off (Skill App)



Badge of Honour

4



Pass it On



Roller Ball (PB Challenge – Pair)



Counter Balance with a Partner (Skill)



Lean Away (Skill App)



Badge of Honour

5



Pass it On



Counter Balance with a Partner (Skill)



Lean on Me (Skill App)



Reaching Out (Skill App)

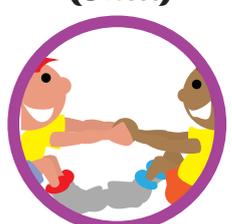


Badge of Honour

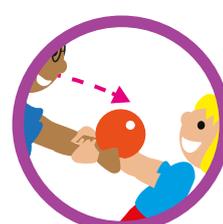
6



Pass it On



Counter Balance with a Partner (Skill)



Roller Ball (PB Challenge – Pair)



Connected Challenges (Skill App)



Badge of Honour

1



Continuous Relay



Quick off the Mark (PB Challenge – Individual or Pair)



Reaction/Response (Skill)



Cooperative Challenges (Skill App)



Comfort, Stretch, Panic

2



Continuous Relay



Reaction/Response (Skill)



Copy Your Partner (Skill App)



Link Skills (Skill App)



Comfort, Stretch, Panic

3



Continuous Relay



Reaction/Response (Skill)



Quick off the Mark (PB Challenge – Individual or Pair)



2 Ball Challenge (Skill App)



Comfort, Stretch, Panic

4



Balance Dice Frenzy



Cone Transfer (PB Challenge – Pair)



Floor Work (Skill)



Reverse Formation (Skill App)



Comfort, Stretch, Panic

5



Balance Dice Frenzy



Floor Work (Skill)



Hoop Limbo (Skill App)



Distance Objects (Skill App)



Comfort, Stretch, Panic

6



Balance Dice Frenzy



Floor Work (Skill)



Cone Transfer (PB Challenge – Pair)



Pass the Parcel (Skill App)

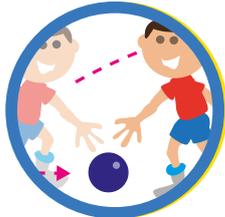


Comfort, Stretch, Panic

1



Gate Masters



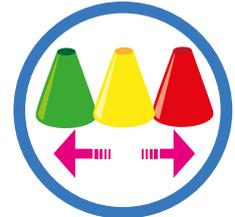
Tunnels (PB Challenge – Individual or Pair)



Ball Chasing (Skill)



Timing Through Cooperation (Skill App)



Always, Sometimes, Rarely

2



Gate Masters



Ball Chasing (Skill)



Develop Ball Chasing Combinations (Skill App)



Awareness Challenges (Skill App)



Always, Sometimes, Rarely

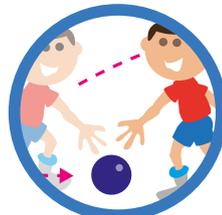
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Gate Masters



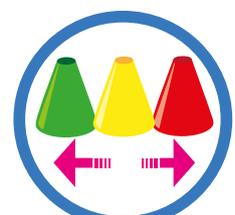
Ball Chasing (Skill)



Tunnels (PB Challenge – Individual or Pair)



Grand Prix Qualifying (Skill App)



Always, Sometimes, Rarely

4



Rock, Paper, Scissors



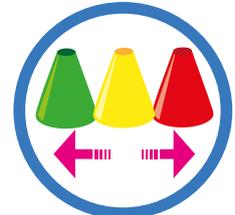
Balance Transfer (PB Challenge – Pair)



Stance (Skill)



Develop Stance Combinations (Skill Application)



Always, Sometimes, Rarely

5



Rock, Paper, Scissors



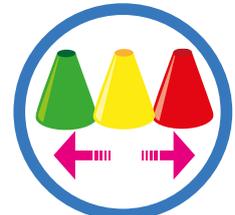
Stance (Skill)



Mirror Challenge (Beam) (Skill App)



Balance Shape Off (Skill App)



Always, Sometimes, Rarely

6



Rock, Paper, Scissors



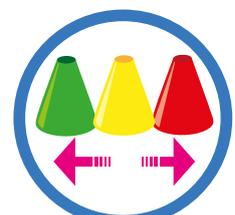
Stance (Skill)



Balance Transfer (PB Challenge – Pair)



Below the Knee (Skill App)



Always, Sometimes, Rarely