



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 cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice ◆	1-3	Coordination: Footwork
		● 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 ▲	4-6	Static Balance: One Leg
Unit 2	Social	● I cooperate well with others and give helpful feedback. I can guide a small group through a task ◆	7-9	Dynamic Balance to Agility: Jumping and Landing
		● 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 ▲	10-12	Static Balance: Seated
Unit 3	Cognitive	● I can understand ways (criteria) to judge performance. I can use my awareness of space and others to make good decisions ◆	13-15	Dynamic Balance: On a Line
		● 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. I can explain why someone is working or performing well ▲	16-18	Coordination: Ball Skills
Unit 4	Creative	● 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 ◆	19-21	Coordination: Sending and Receiving
		● I can make up my own rules and versions of activities. I can recognise similarities and differences in movements and expression ■ ● I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme ▲	22-24	Counter Balance: With a Partner
Unit 5	Applying Physical	● 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 ◆	25-27	Agility: Reaction/Response
		● 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 ▲	28-30	Static Balance: Floor Work
Unit 6	Health and Fitness	● I can describe the basic fitness components. I can record and monitor how hard I am working ◆	31-33	Agility: Ball Chasing
		● 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 ▲	34-36	Static Balance: Stance

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

Unit 1

1



Hi Baby!



Matching Pairs (PB Challenge - Group)



Footwork (Skill)



Lose Your Shadow (Skill App)



Time Shares

2



Hi Baby!



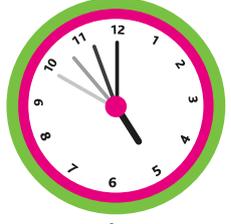
Footwork (Skill)



Select Footwork Patterns (Skill App)



Through the Gates (Skill App)



Time Shares

3



Hi Baby!



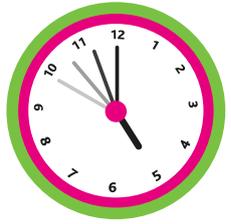
Footwork (Skill)



Matching Pairs (PB Challenge - Group)



Mirroring and Matching (Skill App)



Time Shares

4



Race Walking



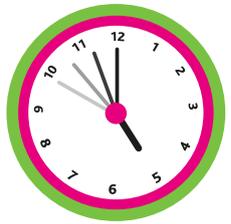
Balloon Balance (PB Challenge - Group)



One Leg Balance (Skill)



Balance and Reach (Skill App)



Time Shares

5



Race Walking



One Leg Balance (Skill)



Pick Up - Put Down (Skill App)



Mirror Challenge (Skill App)



Time Shares

6



Race Walking



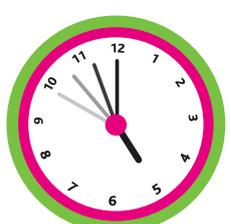
One Leg Balance (Skill)



Balloon Balance (PB Challenge - Group)



Use the Force (Skill App)



Time Shares

1



Dice Frenzy Jumps



Develop Jumping Combinations (PB Challenge – Group)



Jumping and Landing (Skill)



Stepping Stones (Skill App)



Roles on a Bus

2



Dice Frenzy Jumps



Jumping and Landing (Skill)



Perform Sequences (Skill App)



Combinations for Distance (Skill App)



Roles on a Bus

3



Dice Frenzy Jumps



Jumping and Landing (Skill)



Develop Jumping Combinations (PB Challenge – Group)



Stepping Stones Relay (Skill App)



Roles on a Bus

4



Shape Up!



Exchange Objects (PB Challenge – Group)



Seated Balance (Skill)



Order Shapes (Skill App)



Roles on a Bus

5



Shape Up!



Seated Balance (Skill)



Seated Tandem Cycling (Skill App)



4 Square Volleyball (Skill App)



Roles on a Bus

6



Shape Up!



Seated Balance (Skill)



Exchange Objects (PB Challenge – Group)



Seated Races (Skill App)



Roles on a Bus

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

Units

1



All Change



3 Limb Race (PB Challenge – Group)



Dynamic Balance on a Line (Skill)



Creating Dynamic Balance Pathways (Skill App)



Questions Carousel

2



All Change



Dynamic Balance on a Line (Skill)



Mirror/Match/Contrast (Skill App)



Original Sequence (Skill App)



Questions Carousel

3



All Change



Dynamic Balance on a Line (Skill)



3 Limb Race (PB Challenge – Group)



Training Circuit (Skill App)



Questions Carousel

4



To Bank or Not to Bank



Getting Around Us (PB Challenge – Group)



Ball Skills (Skill)



Go Around in Circles (Skill App)



Questions Carousel

5



To Bank or Not to Bank



Ball Skills (Skill)



Take Giant Strides (Skill App)



Ball Tricks (Skill App)



Questions Carousel

6



To Bank or Not to Bank



Ball Skills (Skill)



Getting Around Us (PB Challenge – Group)



Bounce Off (Skill App)

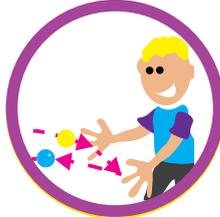


Questions Carousel

1



Like Clockwork



Juggle Challenge (PB Challenge – Group)



Sending and Receiving (Skill)



Pass it On (Skill App)



Badge of Honour

2



Like Clockwork



Sending and Receiving (Skill)



Send and Receive Circuits (Skill App)



Beat the Buzzer (Skill App)



Badge of Honour

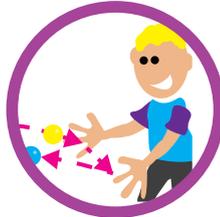
3



Like Clockwork



Sending and Receiving (Skill)



Juggle Challenge (PB Challenge – Group)

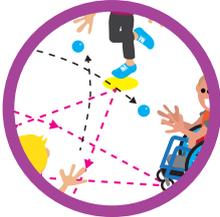


Creative Squash (Skill App)



Badge of Honour

4



Team Juggling



Roller Ball (PB Challenge – Group)



Counter Balance with a Partner (Skill)

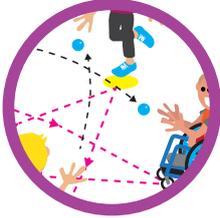


Combine and Contrast (Skill App)



Badge of Honour

5



Team Juggling



Counter Balance with a Partner (Skill)



Supporting Weight (Skill App)



Counter Balance Sequences (Skill App)



Badge of Honour

6



Team Juggling



Counter Balance with a Partner (Skill)



Roller Ball (PB Challenge – Group)



Connected Challenges (Skill App)



Badge of Honour

1



Continuous Throwing Relay



Quick off the Mark (PB Challenge - Group)



Reaction/Response (Skill)



Competitive Challenge (Skill App)



Comfort, Stretch, Panic

2



Continuous Throwing Relay



Reaction/Response (Skill)



Adapt and Respond (Skill App)



Keep Possession (Skill App)



Comfort, Stretch, Panic

3



Continuous Throwing Relay



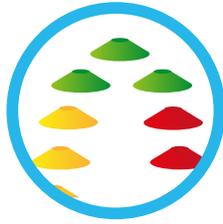
Reaction/Response (Skill)



Quick off the Mark (PB Challenge - Group)



Competitive Challenge 2 (Skill App)



Comfort, Stretch, Panic

4



Ball Champs



Cone Transfer (PB Challenge - Group)



Floor Work (Skill)



Body Twister (Skill App)



Comfort, Stretch, Panic

5



Ball Champs



Floor Work (Skill)



Front Support Hockey (Skill App)



Floor Work Races (Skill App)



Comfort, Stretch, Panic

6



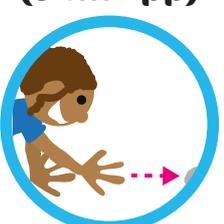
Ball Champs



Floor Work (Skill)



Cone Transfer (PB Challenge - Group)



Front Curling (Skill App)

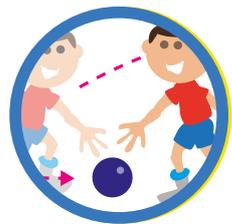


Comfort, Stretch, Panic

1



Inside Out



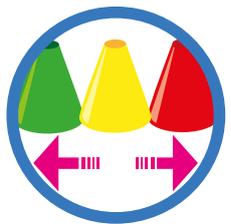
Tunnels
(PB Challenge - Group)



Ball Chasing
(Skill)



Timing Through
Collaboration
(Skill App)



Always,
Sometimes,
Rarely

2



Inside Out



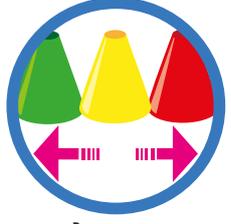
Ball Chasing
(Skill)



Team Strategy
Challenges
(Skill App)



Oversee
Competition
(Skill App)



Always,
Sometimes,
Rarely

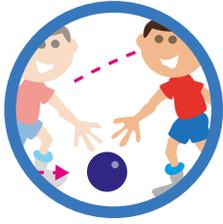
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Inside Out



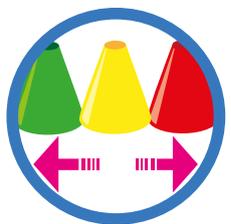
Ball Chasing
(Skill)



Tunnels
(PB Challenge - Group)



Rolling
Relay
(Skill App)



Always,
Sometimes,
Rarely

4



Rock, Paper,
Scissors



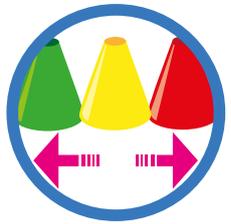
Balance Transfer
(PB Challenge - Group)



Stance
(Skill)



Balance
Sequences
(Skill App)



Always,
Sometimes,
Rarely

5



Rock, Paper,
Scissors



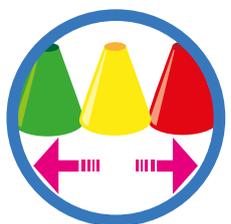
Stance
(Skill)



Keep Away v
Intercept
(Skill App)



Perform
Sequences
(Skill App)



Always,
Sometimes,
Rarely

6



Rock, Paper,
Scissors



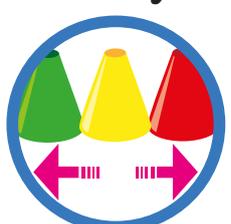
Stance
(Skill)



Balance Transfer
(PB Challenge - Group)



Balance
Shape Off
(Skill App)



Always,
Sometimes,
Rarely