



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Weeks

Fundamental
Movement Skill Focus

Unit 1



- I recognise my strengths and weaknesses and can set myself appropriate targets ◆
- I see all new challenges as opportunities to learn and develop ◆
- I can cope well and react positively when things become difficult ■
- I can persevere with a task and improve my performance through regular practice ■
- I know where I am with my learning and I have begun to challenge myself ▲

1-6

Coordination:
Ball Skills

Agility:
Reaction/Response

Unit 2



- I can negotiate and collaborate appropriately ◆
- I can give and receive sensitive feedback to improve myself and others ◆
- I help organise roles and responsibilities and can guide a small group through a task ■
- I cooperate well with others and give helpful feedback ■
- I am happy to show and tell others about my ideas ▲
- I show patience and support others ▲

7-12

Dynamic Balance:
On a Line

Counter Balance:
with a Partner

Unit 3



- I can develop methods to outwit opponent ◆
- I can and suggest patterns of play which will increase chances of success ◆
- I can use awareness of space/others to make good decisions ■
- I can understand ways (criteria) to judge performance ■
- I can understand the simple tactics of attacking and defending ▲
- I can explain what I am doing well and I have begun to identify areas for improvement ▲

13-18

Static Balance:
Stance

Coordination:
Footwork

Unit 4



- I can adapt and adjust my skills, movements or tactics so they are different to others ◆
- I can respond imaginatively to different situations ◆
- I can change tactics, rules or tasks to make activities more fun or more challenging ■
- I can link actions and develop sequences of movements that express my own ideas ■
- I can recognise similarities and differences in movements and expression ▲
- I can make up my own rules and versions of activities ▲

19-24

Static Balance:
Seated

Static Balance:
Floor Work

Unit 5



- I can perform a range of skills fluently and accurately ◆
- I can use combinations of skills confidently in specific contexts ◆
- I can link actions together so that they flow ■
- I can perform a variety of movements and skills with good body tension ■
- I can select and apply a range of skills with good control and consistency ▲
- I can perform and repeat sequences with clear shapes and controlled movement ▲

25-30

Dynamic Balance to Agility:
Jumping and Landing

Static Balance:
One Leg

Unit 6



- I can self select and perform appropriate warm-up and cool down activities ◆
- I can identify possible dangers when planning an activity ◆
- I can record and monitor how hard I am working ■
- I can explain how often and how long I should exercise to be healthy ■
- I can describe the basic fitness components ■
- I can explain why we need to warm-up and cool down ▲
- I can describe how and why my body changes during and after exercise ▲

31-36

Coordination:
Sending and Receiving

Agility:
Ball Chasing

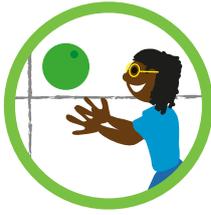
1



All Change



Throw Tennis



4 Square



Ball Skills



Throw Tennis / 4 Square



Secret Stats

2



All Change



Throw Tennis



4 Square



Reaction/ Response



Throw Tennis / 4 Square



Secret Stats

3



All Change



Throw Tennis



4 Square



Competition Ladder Tournament



Secret Stats

4



Gate Masters



Endball



Tag Netball



Ball Skills



Endball / Tag Netball



Secret Stats

5



Gate Masters



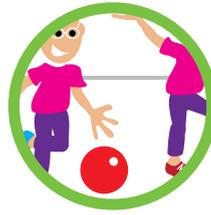
Endball



Tag Netball



Reaction/ Response



Endball / Tag Netball



Secret Stats

6



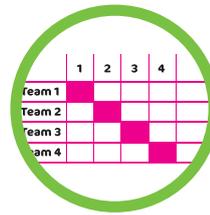
Gate Masters



Endball



Tag Netball



Competition Round Robins



Secret Stats

1



Shape Up!



River Crossing



Steal the Treasure



Dynamic Balance on a Line



River Crossing / Steal the Treasure



Roles on a Bus

2



Shape Up!



River Crossing



Steal the Treasure



Counter Balance with a Partner



River Crossing / Steal the Treasure



Roles on a Bus

3



Shape Up!



River Crossing



Steal the Treasure



Competition Levelling the Playing Field



Roles on a Bus

4



Shadow Play



Kabadi



Team Tails



Dynamic Balance on a Line



Kabadi / Team Tails



Roles on a Bus

5



Shadow Play



Kabadi



Team Tails



Counter Balance with a Partner



Kabadi / Team Tails



Roles on a Bus

6



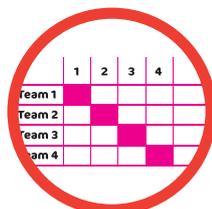
Shadow Play



Kabadi



Team Tails



Competition Round Robins



Roles on a Bus

1



Hi Baby!



Beanbag Raid



Capture the Ball



Stance



Beanbag Raid / Capture the Ball



Badge of Honour

2



Hi Baby!



Beanbag Raid



Capture the Ball



Footwork



Beanbag Raid / Capture the Ball



Badge of Honour

3



Hi Baby!



Beanbag Raid



Capture the Ball



Competition Knockouts



Badge of Honour

4



Pass it On



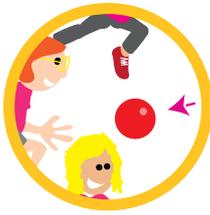
Dodgeball



Tag Ball



Stance



Dodgeball / Tag Ball



Badge of Honour

5



Pass it On



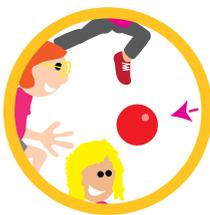
Dodgeball



Tag Ball



Footwork



Dodgeball / Tag Ball



Badge of Honour

6



Pass it On



Dodgeball



Tag Ball



Competition Ladder Tournament



Badge of Honour

1



Like Clockwork



Seated Volleyball



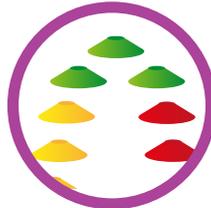
4 Square Seated Games



Seated Balance



Seated Volleyball / 4 Square Seated Games



Comfort, Stretch, Panic

2



Like Clockwork



Seated Volleyball



4 Square Seated Games



Floor Work Balance



Seated Volleyball / 4 Square Seated Games



Comfort, Stretch, Panic

3



Like Clockwork



Seated Volleyball



4 Square Seated Games



Competition Ladder Tournament



Comfort, Stretch, Panic

4



Balance Dice Frenzy



Scorpion Handball



Floor Climbing



Seated Balance



Scorpion Handball / Floor Climbing



Comfort, Stretch, Panic

5



Balance Dice Frenzy



Scorpion Handball



Floor Climbing



Floor Work Balance



Scorpion Handball / Floor Climbing



Comfort, Stretch, Panic

6



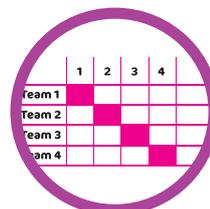
Balance Dice Frenzy



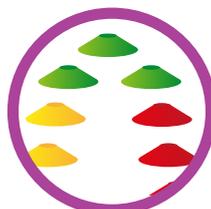
Scorpion Handball



Floor Climbing



Competition Round Robins Tournament



Comfort, Stretch, Panic

1



Continuous Throwing Relay



Jumpball



5 Jump Combinations



Jumping and Landing



Jumpball / 5 Jump Combinations



Gift Cards

2



Continuous Throwing Relay



Jumpball



5 Jump Combinations



One Leg Balance



Jumpball / 5 Jump Combinations



Gift Cards

3



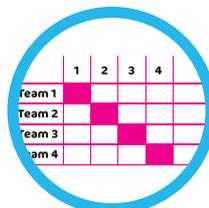
Continuous Throwing Relay



Jumpball



5 Jump Combinations



Competition Round Robins



Gift Cards

4



Ball Champs



Jump, Rotate, Balance



Rhythmic Sequences



Jumping and Landing



Jump, Roll, Balance / Rhythmic Sequences



Gift Cards

5



Ball Champs



Jump, Rotate, Balance



Rhythmic Sequences



One Leg Balance



Jump, Roll, Balance / Rhythmic Sequences



Gift Cards

6



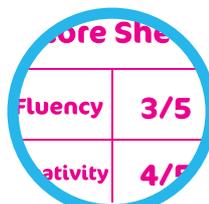
Ball Champs



Jump, Rotate, Balance



Rhythmic Sequences

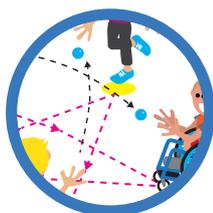


Competition Scored on Performance



Gift Cards

1



Team Juggling



Throlf



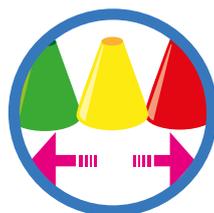
To Bank or not to Bank



Sending and Receiving

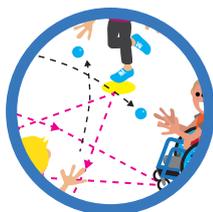


Throlf/
To Bank or not to Bank



Always,
Sometimes,
Rarely

2



Team Juggling



Throlf



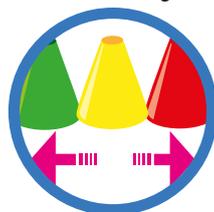
To Bank or not to Bank



Ball Chasing

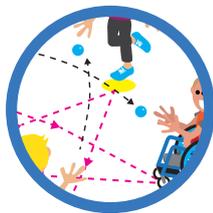


Throlf/
To Bank or not to Bank



Always,
Sometimes,
Rarely

3



Team Juggling



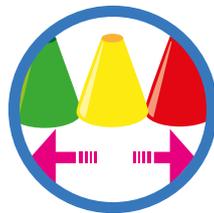
Throlf



To Bank or not to Bank



Competition
Levelling the
Playing Field



Always,
Sometimes,
Rarely

4



Inside Out



Scatterball



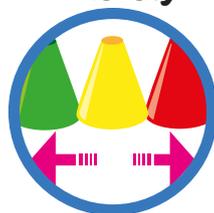
Strike Ball



Sending and Receiving



Scatterball /
Strike Ball



Always,
Sometimes,
Rarely

5



Inside Out



Scatterball



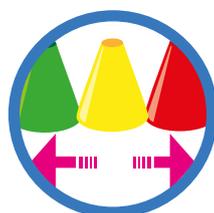
Strike Ball



Ball Chasing



Scatterball /
Strike Ball



Always,
Sometimes,
Rarely

6



Inside Out



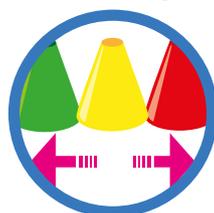
Scatterball



Strike Ball



Competition
Knockouts



Always,
Sometimes,
Rarely