



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**



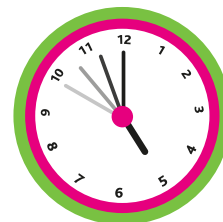
Footwork



**I'm Riding
on my Bike**



**The
Instructor
Says**



**Time
Shares**

2



**Bike
Adventure**



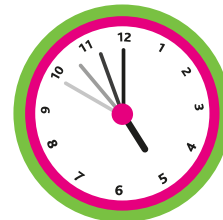
Footwork



**Off for
a Ride**



Bike Frenzy



**Time
Shares**

3



**Bike
Adventure**



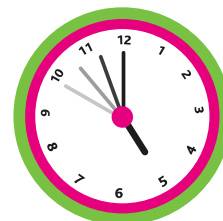
Footwork



**The
Instructor
Says**



Bike Frenzy



**Time
Shares**

4



**Pirate
Adventure**



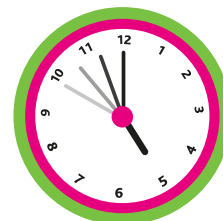
**One Leg
Balance**



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



**Captain's
Treasure**



**Time
Shares**

5



**Pirate
Adventure**



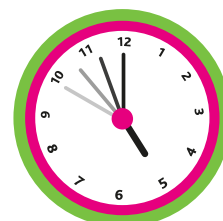
**One Leg
Balance**



**Popping
Pirates**



**Captains
Treasure**



**Time
Shares**

6



**Pirate
Adventure**



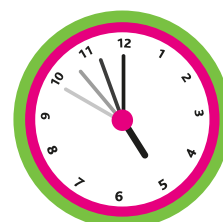
**One Leg
Balance**



**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



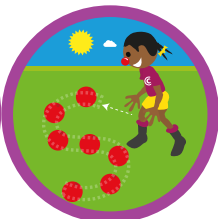
**Clown's
Naughty
Ball**



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**

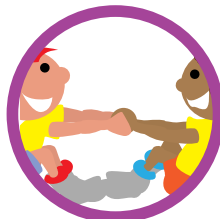


**Badge of
Honour**

5



**Off to the
Seaside**



**Counter
Balance with a
Partner**



**Whacky
Water
Sports**



Sea Bingo

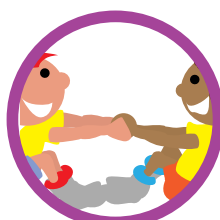


**Badge of
Honour**

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



RINGO



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**



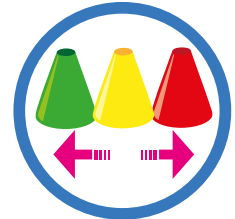
Ball Chasing



**Two Cheeky
Squirrels**



**Squirrel
Tricks**



**Always,
Sometimes,
Rarely**

2



**The Hairy,
Scary
Woods**



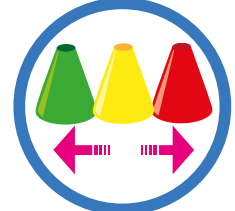
Ball Chasing



**Squirrel
Tricks**



**Squirrel
Grand Prix**



**Always,
Sometimes,
Rarely**

3



**The Hairy,
Scary
Woods**



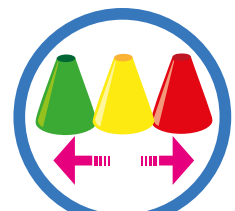
Ball Chasing



**Collecting
Nuts for
Winter**



**Squirrel
Grand Prix**



**Always,
Sometimes,
Rarely**

4



**Little
Kitties time
to Play**



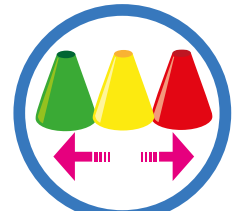
**Floor Work
Balance**



**Hungry,
Hungry
Caspar Cat**



**Create
a Cat**



**Always,
Sometimes,
Rarely**

5



**Little
Kitties time
to Play**



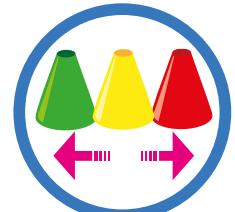
**Floor Work
Balance**



**Create
a Cat**

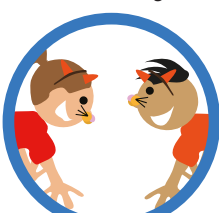


Cat Capers



**Always,
Sometimes,
Rarely**

6



**Little
Kitties time
to Play**



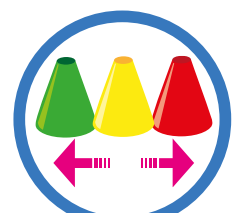
**Floor Work
Balance**



**Cat
Capers**



Find the Mice



**Always,
Sometimes,
Rarely**