



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Weeks

Fundamental Movement Skill Focus

Unit 1



- 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 ■
- I can follow instructions, practise safely and work on simple tasks by myself ▲

1-3

Coordination:
Footwork

4-6

Static Balance:
One Leg

Unit 2



- I show patience and support others. I am happy to show and tell others about my ideas ◆
- I can help praise and encourage others in their learning ■
- I can work sensibly with others, taking turns and sharing ▲

7-9

Dynamic Balance
to Agility:
Jumping and Landing

10-12

Static Balance:
Seated

Unit 3



- I can explain what I am doing well and I have begun to identify areas for improvement ◆
- With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well ■
- I can understand and follow simple rules and can name some things I am good at ▲

13-15

Dynamic Balance:
On a Line

16-18

Static Balance:
Stance

Unit 4



- 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 ■
- I can explore and describe different movements ▲

19-21

Coordination:
Ball Skills

22-24

Counter Balance:
With a Partner

Unit 5



- 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 ■
- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together ▲

25-27

Coordination:
Sending and Receiving

28-30

Agility:
Reaction/Response

Unit 6



- I can describe how and why my body feels during and after exercise. ◆
- 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 ▲

31-33

Agility:
Ball Chasing

34-36

Static Balance:
Floor Work

1



**Rock,
Paper,
Scissors**



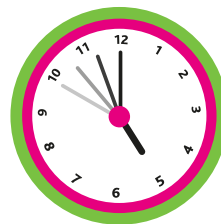
Footwork



**Footwork
Follow the
Leader**



**Footwork
Frenzy**



**Time
Shares**

2



**Rock,
Paper,
Scissors**



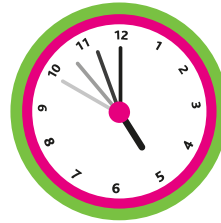
Footwork



**Lose your
Shadow**



**Creating
Footwork
Pathways**



**Time
Shares**

3



**Rock,
Paper,
Scissors**



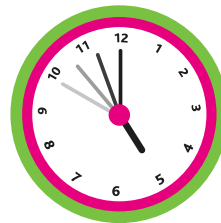
Footwork



**Creating
Footwork
Pathways**



**Matching
Pairs**



**Time
Shares**

4



**Snap,
Crackle, Pop**



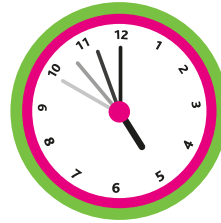
**One Leg
Balance**



**Mirror
Image
(1 leg)**



**Balance
and Reach**



**Time
Shares**

5



**Snap,
Crackle, Pop**



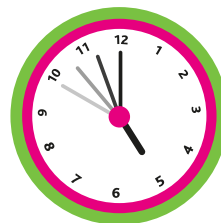
**One Leg
Balance**



**Mirror
Challenge
(1 leg)**



**Use the
Force**



**Time
Shares**

6



**Snap,
Crackle, Pop**



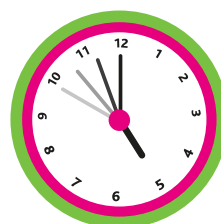
**One Leg
Balance**



**Use the
Force**

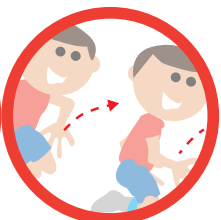


**Balloon
Balance**



**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

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



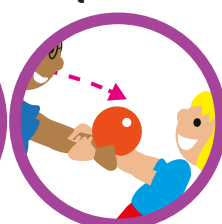
On the Mat



Counter Balance with a Partner



Counter Balance Sequences



Roller Ball



Badge of Honour

1



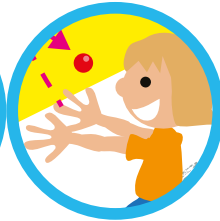
Continuous Throwing Relay



Sending and Receiving



Junk Yard Clear Up



Collect your Rebound



Gift Cards

2



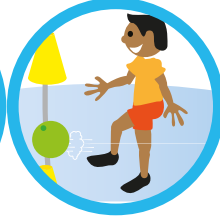
Continuous Throwing Relay



Sending and Receiving



Removal Team



Odds and Evens



Gift Cards

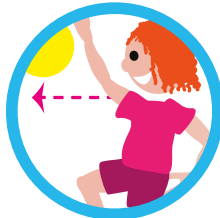
3



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

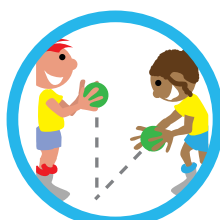


Gift Cards

6



Ball Handling



Reaction and Response



Cooperative Challenges



Quick off the Mark



Gift Cards

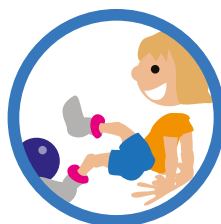
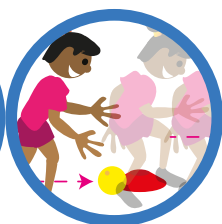
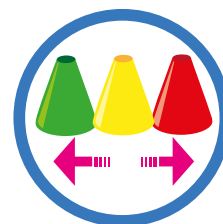
1



Ball Tricks



Ball Chasing

Develop
Ball Chasing
CombinationsRolling
RelayAlways,
Sometimes,
Rarely

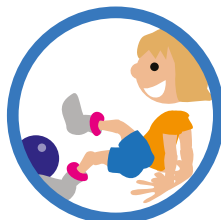
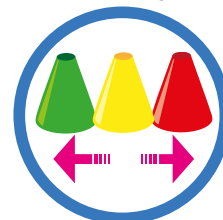
2



Ball Tricks



Ball Chasing

Develop
Ball Chasing
CombinationsGrand Prix
SoloAlways,
Sometimes,
Rarely

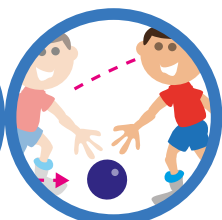
3



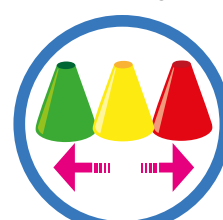
Ball Tricks



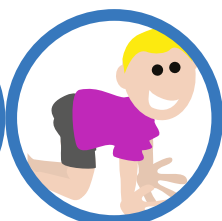
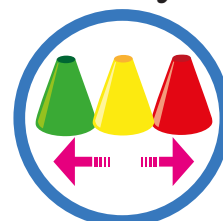
Ball Chasing

Grand Prix
Pairs

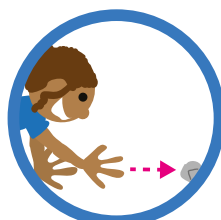
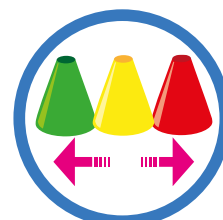
Tunnels

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