



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 ▲

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 ▲

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 ▲

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 ▲

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 ▲

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 ▲

Weeks

Fundamental Movement Skill Focus

1-3

Coordination:
Footwork

4-6

Static Balance:
One Leg

7-9

Dynamic Balance
to Agility:
Jumping and Landing

10-12

Static Balance: Seated

13-15

Dynamic Balance:
On a Line

16-18

Coordination:
Ball Skills

19-21

Coordination:
Sending and Receiving

22-24

Counter Balance:
With a Partner

25-27

Agility:
Reaction/Response

28-30

Static Balance:
Floor Work

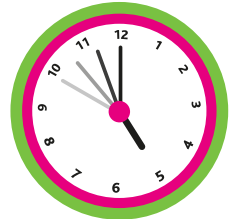
31-33

Agility:
Ball Chasing

34-36

Static Balance:
Stance

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**

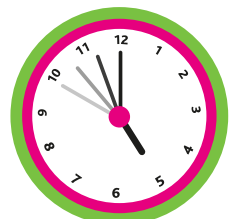
3

**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**

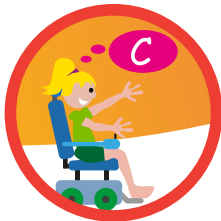
5

**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)**

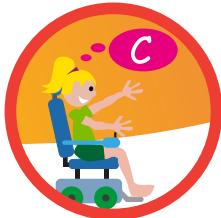


**Stepping Stones
Crossing
(Skill App)**



**Roles
on a Bus**

2



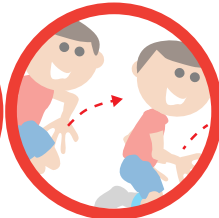
**Alphaball
Soup**



**Jumping
and Landing
(Skill)**



**Follow
the Leader
(Skill App)**

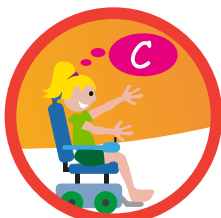


**Develop Jumping
Combinations
(Cooperative)
(Skill App)**



**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)**



**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**

1



Ball Control



3 Limb Race (PB Challenge – Pair)



Dynamic Balance on a Line (Skill)



Follow the Leader (4 Levels) (Skill App)



Questions Carousel

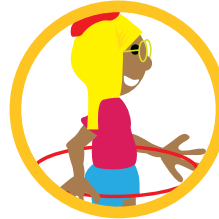
2



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)



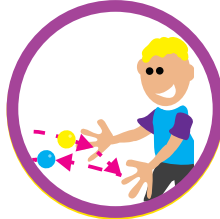
Questions Carousel

Unit 3

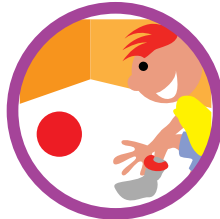
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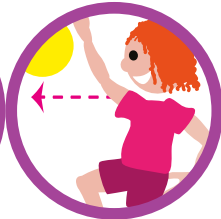
**Ball
Handling**



**Juggle Challenge
(PB Challenge –
Individual or Pair)**



**Sending and
Receiving
(Skill)**



**Roll/Strike
Tennis
(Skill App)**

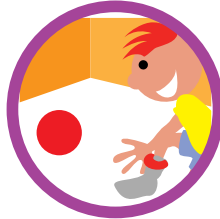


**Badge of
Honour**

2



**Ball
Handling**



**Sending and
Receiving
(Skill)**



**Removal Team
(Skill
Application)**



**Send and
Receive in Order
(Skill App)**

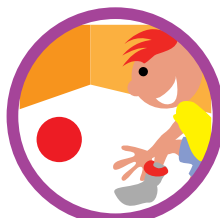


**Badge of
Honour**

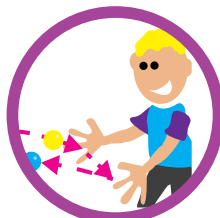
3



**Ball
Handling**



**Sending and
Receiving
(Skill)**



**Juggle Challenge
(PB Challenge –
Individual or Pair)**

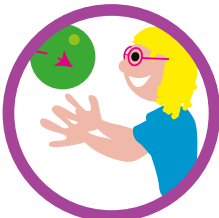


**Bounce Off
(Skill App)**

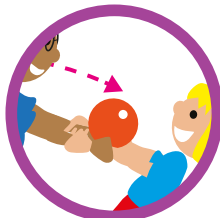


**Badge of
Honour**

4



Pass it On



**Roller Ball
(PB Challenge –
Pair)**



**Counter Balance
with a Partner
(Skill)**



**Lean Away
(Skill App)**

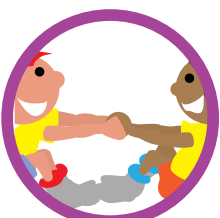


**Badge of
Honour**

5



Pass it On



**Counter Balance
with a Partner
(Skill)**



**Lean on Me
(Skill App)**



**Reaching Out
(Skill App)**

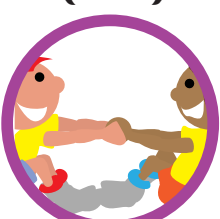


**Badge of
Honour**

6



Pass it On



**Counter
Balance with
a Partner
(Skill)**



**Roller Ball
(PB Challenge
– Pair)**

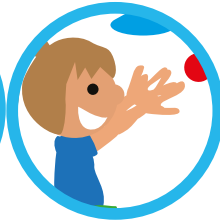


**Connected
Challenges
(Skill App)**

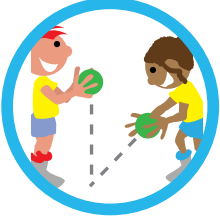
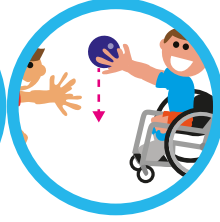


**Badge of
Honour**

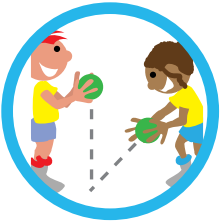
1

**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**

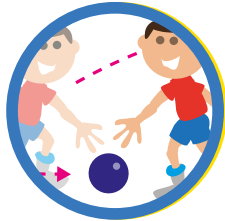
6

**Balance
Dice Frenzy****Floor Work
(Skill)****Cone Transfer
(PB Challenge –
Pair)****Pass the
Parcel
(Skill App)****Comfort,
Stretch,
Panic**

1



Gate Masters



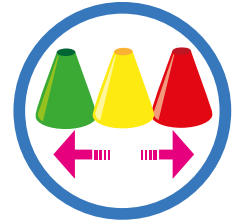
Tunnels (PB Challenge – Individual or Pair)



Ball Chasing (Skill)



Timing Through Cooperation (Skill App)



Always, Sometimes, Rarely

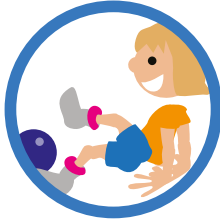
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Gate Masters



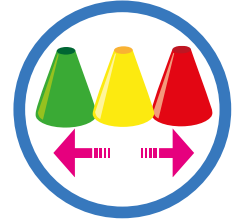
Ball Chasing (Skill)



Develop Ball Chasing Combinations (Skill App)



Awareness Challenges (Skill App)



Always, Sometimes, Rarely

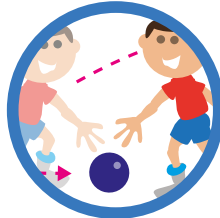
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Gate Masters



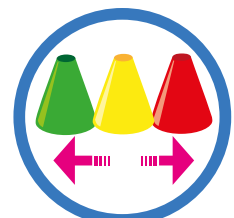
Ball Chasing (Skill)



Tunnels (PB Challenge – Individual or Pair)



Grand Prix Qualifying (Skill App)



Always, Sometimes, Rarely

4



Rock, Paper, Scissors



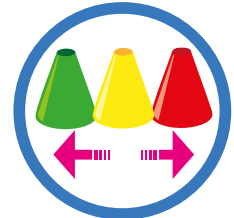
Balance Transfer (PB Challenge – Pair)



Stance (Skill)



Develop Stance Combinations (Skill Application)



Always, Sometimes, Rarely

5



Rock, Paper, Scissors



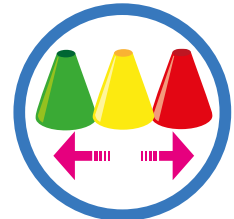
Stance (Skill)



Mirror Challenge (Beam) (Skill App)



Balance Shape Off (Skill App)



Always, Sometimes, Rarely

6



Rock, Paper, Scissors



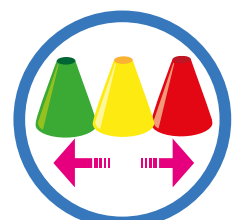
Stance (Skill)



Balance Transfer (PB Challenge – Pair)



Below the Knee (Skill App)



Always, Sometimes, Rarely