



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 can guide a small group through a task ◆
- 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. I can use my awareness of space and others to make good decisions ◆
- 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 ▲

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 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 ▲

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. I can record and monitor how hard I am working ◆
- 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

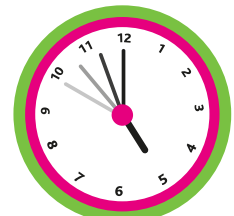
1

**Hi Baby!****Matching Pairs
(PB Challenge –
Group)****Footwork
(Skill)****Lose Your
Shadow
(Skill App)****Time
Shares**

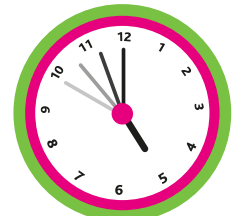
2

**Hi Baby!****Footwork
(Skill)****Select Footwork
Patterns
(Skill App)****Through
the Gates
(Skill App)****Time
Shares**

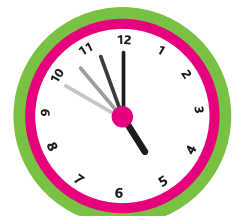
3

**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

1



All Change



3 Limb Race
(PB Challenge – Group)



Dynamic Balance on a Line (Skill)



Creating Dynamic Balance Pathways (Skill App)



Questions Carousel

2



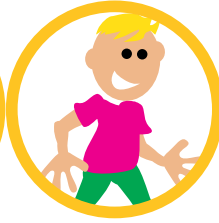
All Change



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)



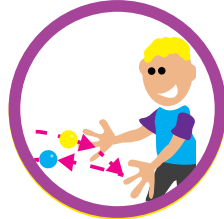
Questions Carousel

Unit 3

1



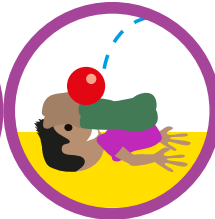
**Like
Clockwork**



**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**

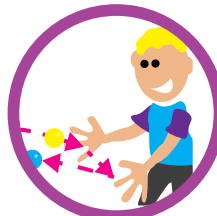
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**Like
Clockwork**



**Sending and
Receiving
(Skill)**



**Juggle Challenge
(PB Challenge –
Group)**

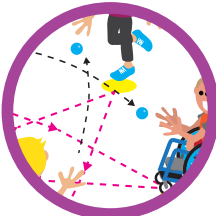


**Creative
Squash
(Skill App)**

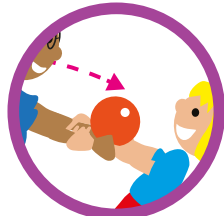


**Badge of
Honour**

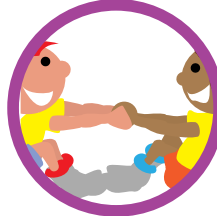
4



**Team
Juggling**



**Roller Ball
(PB Challenge –
Group)**



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

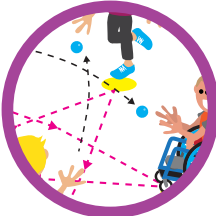


**Combine and
Contrast
(Skill App)**



**Badge of
Honour**

5



**Team
Juggling**



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



**Supporting
Weight
(Skill App)**

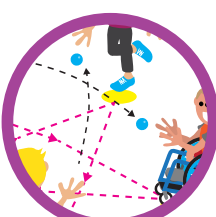


**Counter Balance
Sequences
(Skill App)**



**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)

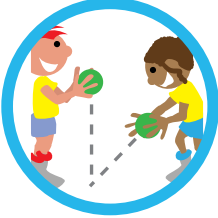


Comfort, Stretch, Panic

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



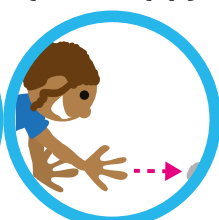
Ball Champs



Floor Work (Skill)



Cone Transfer (PB Challenge – Group)



Front Curling (Skill App)

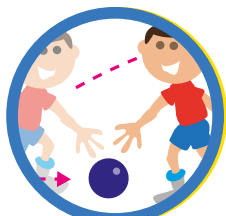


Comfort, Stretch, Panic

1



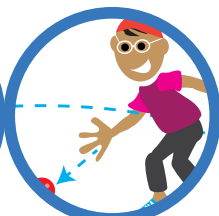
Inside Out



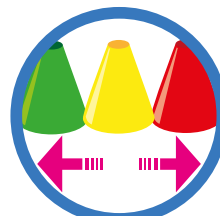
Tunnels
(PB Challenge – Group)



Ball Chasing
(Skill)



Timing Through
Collaboration
(Skill App)



Always,
Sometimes,
Rarely

2



Inside Out



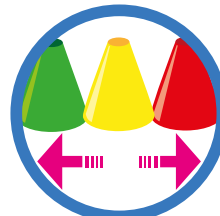
Ball Chasing
(Skill)



Team Strategy
Challenges
(Skill App)



Oversee
Competition
(Skill App)



Always,
Sometimes,
Rarely

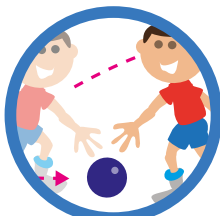
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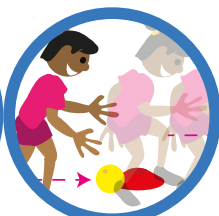
Inside Out



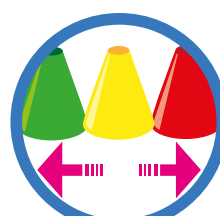
Ball Chasing
(Skill)



Tunnels
(PB Challenge – Group)



Rolling
Relay
(Skill App)



Always,
Sometimes,
Rarely

4



Rock, Paper,
Scissors



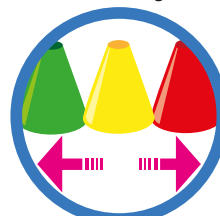
Balance Transfer
(PB Challenge – Group)



Stance
(Skill)



Balance
Sequences
(Skill App)



Always,
Sometimes,
Rarely

5



Rock, Paper,
Scissors



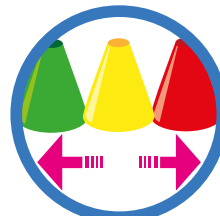
Stance
(Skill)



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