



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Unit 1



Personal

- I can follow instructions, practise safely and work on simple tasks by myself ◆
- I enjoy working on simple tasks with help ■

Unit 2



Social

- I can work sensibly with others, taking turns and sharing ◆
- I can play with others and take turns and share with help ■

Unit 3



Cognitive

- I can understand and follow simple rules and can name some things I am good at ◆
- I can follow simple instructions ■

Unit 4



Creative

- I can explore and describe different movements ◆
- I can observe and copy others ■

Unit 5



Applying Physical

- 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



Health and Fitness

- 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**



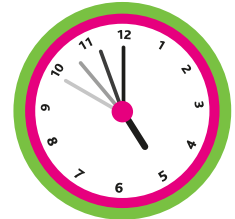
**Exploring
Footwork**



**I'm Riding
on my Bike**



**The
Instructor
Says**



**Time
Shares**

2



**Bike
Adventure**



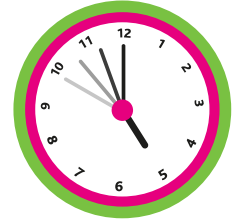
Footwork



**I'm Riding
on my Bike**



**Off for a
Ride**



**Time
Shares**

3



**Bike
Adventure**



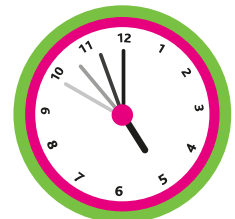
Footwork



**Off for a
Ride**



**The Instructor
Says**



**Time
Shares**

4



**Pirate
Adventure**



**Exploring One
Leg Balance**



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



**Pirate
Statues**



**Time
Shares**

5



**Pirate
Adventure**



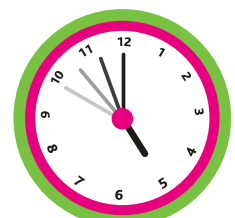
**One Leg
Balance**



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



**Popping
Pirates**



**Time
Shares**

6



**Pirate
Adventure**



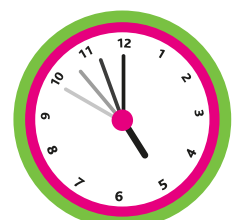
**One Leg
Balance**



**Popping
Pirates**



**Pirate
Statues**

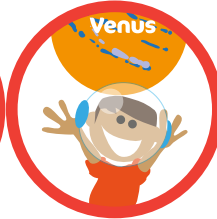


**Time
Shares**

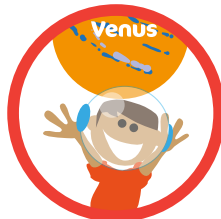
1

Moon
AdventureExploring
Jumping and
LandingI Jumped
Aboard a
Rocket ShipCrazy
CratersTaps for
Congrats

2

Moon
AdventureJumping and
LandingI Jumped
Aboard a
Rocket ShipHome
PlanetTaps for
Congrats

3

Moon
AdventureJumping and
LandingHome
PlanetCrazy
CratersTaps for
Congrats

4

Fun in the
JungleExploring
Seated BalanceFive
Cheeky
MonkeysMonkey
MirrorTaps for
Congrats

5

Fun in the
JungleSeated
BalanceFive
Cheeky
MonkeysCheeky
Monkey
SaysTaps for
Congrats

6

Fun in the
JungleSeated
BalanceCheeky
Monkey SaysMonkey
MirrorTaps for
Congrats

1



**Train
Adventure**



**Exploring
Dynamic Balance
on a Line**



**Five Little
Puffer Trains**



Train Trip



**Magic Bean
Bags**

2



**Train
Adventure**



**Dynamic
Balance on a
Line**



**Five Little
Puffer Trains**



**Puffing
Along**



**Magic Bean
Bags**

3



**Train
Adventure**



**Dynamic Balance
on a Line**



**Puffing
Along**



Train Trip



**Magic Bean
Bags**

4



Line Out



**Exploring
Stance**



**Children
on a Rope**



**Balancing
Act**



**Magic Bean
Bags**

5



Line Out



Stance



**Children
on a Rope**



**Tightrope
Twins**



**Magic
Bean
Bags**

6



Line Out



Stance



**Tightrope
Twins**



**Balancing
Act**



**Magic Bean
Bags**

1



**Clown's
Naughty
Ball**



**Exploring Ball
Skills**



**Shoulders.
Tummy, Knees
and Toes**



**Clown
Tricks**



**Badge of
Honour**

2



**Clown's
Naughty
Ball**



Ball Skills



**Shoulders.
Tummy, Knees
and Toes**



**Add a
Clown
Move**



**Badge of
Honour**

3



**Clown's
Naughty
Ball**



Ball Skills



**Add a
Clown
Move**



**Clown
Tricks**



**Badge of
Honour**

4



**Off to the
Seaside**



**Exploring
Counter Balance
with a Partner**



**Hold on
Tight**



**Sea
Bingo**



**Badge of
Honour**

5



**Off to the
Seaside**



**Counter Balance
with a Partner**



**Hold on
Tight**



**Whacky
Water Sports**

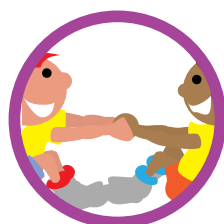


**Badge of
Honour**

6



**Off to the
Seaside**



**Counter
Balance
with a Partner**



**Whacky
Water Sports**



Sea Bingo



**Badge of
Honour**

1



**Circus
Training
School**



**Exploring
Sending and
Receiving**



**Bouncing
Balls**



**Big Top
Time**



Gift Cards

2



**Circus
Training
School**



**Sending and
Receiving**



**Bouncing
Balls**



**Big Top
Time**



Gift Cards

3



**Circus
Training
School**



**Sending and
Receiving**



**Partner
Juggle**



**Dice Dance –
Jugglers**



Gift Cards

4



**Land of the
Beans**



**Exploring
Reaction and
Response**



RINGO



**Magic
Beans**



Gift Cards

5



**Land of the
Beans**



**Reaction and
Response**



RINGO



**Quick as
a Flash**



Gift Cards

6



**Land of the
Beans**



**Reaction and
Response**



**Magic
Beans**



**Dice Dance –
Fairy tale**



Gift Cards

1



The Hairy,
Scary
Woods



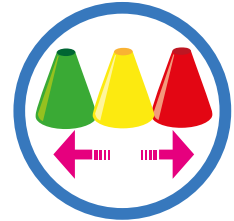
Exploring Ball
Chasing



Two Cheeky
Squirrels



Collecting
Nuts for
Winter



Always,
Sometimes,
Rarely

2



The Hairy,
Scary
Woods



Ball Chasing



Two Cheeky
Squirrels



What's
in the
Woods?



Always,
Sometimes,
Rarely

3



The Hairy,
Scary
Woods



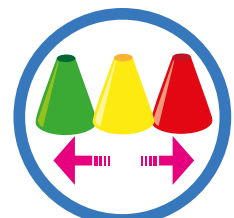
Ball Chasing



What's
in the
Woods?



Collecting
Nuts for
Winter



Always,
Sometimes,
Rarely

4



Little
Kitties time
to Play



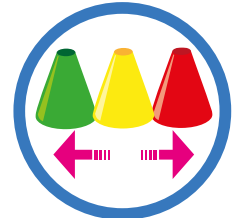
Exploring
Floor Work
Balance



Hungry,
Hungry
Caspar Cat



Find the
Mice



Always,
Sometimes,
Rarely

5



Little
Kitties time
to Play



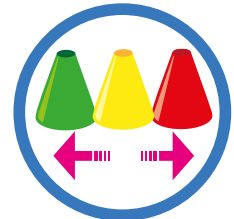
Floor Work
Balance



Hungry,
Hungry
Caspar Cat



Create a Cat



Always,
Sometimes,
Rarely

6



Little
Kitties time
to Play



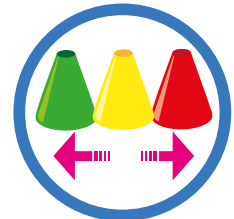
Floor Work
Balance



Create
a Cat



Find the Mice



Always,
Sometimes,
Rarely