



Multi-ability Cog Focus & Learning Journeys

Personal

 I know where I am with my learning and I have begun to challenge myself (Level 3)

- I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)
- I can follow instructions, practise safely and work on simple tasks by myself (Level 1)

Weeks	Fundamental
	Movement Skill Focus

1-3 Coordination: Footwork (FUNS Station 10)

4-6 Static Balance:
One Leg
(FUNS Station 1)

Unit 2



- I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Level 3)
- I can help praise and encourage others in their learning (Level 2)
- I can work sensibly with others, taking turns and sharing (Level 1)
- 7-9 Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6)

10-12 Static Balance:

Seated
(FUNS Station 2)

Unit 3



- I can understand the simple tactics of attacking and defending. I car explain what I am doing well and I have begun to identify areas for improvement (Level 3)
- I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)
- I can understand and follow simple rules and can name some things am good at (Level 1)
- 13-15 Dynamic Balance: On a Line

(FUNS Station 5)

16-18 Static Balance: Stance (FUNS Station 4)

Jnit 4



- I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)
- I can begin to compare my movements and skills with those of others.
 I can select and link movements together to fit a theme (Level 2)
- I can explore and describe different movements (Level 1)

19-21 Coordination: Ball Skills

(FUNS Station 9)

22-24 Counter Balance: With a Partner (FUNS Station 7)

Juit 5



- 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 (Level 3)
- 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 (Level 2)
- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)
- 25-27 Coordination:

Sending and Receiving (FUNS Station 8)

28-30 Agility:
Reaction/Response
(FUNS Station 12)

Jnit 6



- I can describe how and why my body feels during and after exercise.
 I can explain why we need to warm up and cool down (Level 3)
- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)
- I am aware of why exercise is important for good health (Level 1)
- 31-33 Agility:
 Ball Chasing
 (FUNS Station 11)
- 34-36 Static Balance: Floor Work (FUNS Station 3)

Lesson	Warm-up	Skill	Application	Review	
(Baseline assessment)	Rock, Paper Scissors	Coordination: Footwork (FUNS 10) – Challenges	Matching Pairs	Time Shares	—
2	Rock, Paper Scissors	Coordination: Footwork (FUNS 10) – Challenges	Follow the Leader	Time Shares	
3	Rock, Paper Scissors	Coordination: Footwork (FUNS 10) – Challenges	Matching Pairs	Time Shares	
4	Stuck in the Mud	Static Balance: One Leg (FUNS 1) – Challenges	Balloon Balance	Time Shares	
5	Stuck in the Mud	Static Balance: One Leg (FUNS 1) – Challenges	Mirror Image	Time Shares	
(Revisit assessment)	Stuck in the Mud	Static Balance: One Leg (FUNS 1) – Challenges	Balloon Balance	Time Shares	
Lesson	Warm-up	Skill	Application	Review	
(Baseline assessment)	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (competitive)	Taps for Congrats	7
2	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (cooperative)	Taps for Congrats	1

Lesson	Warm-up	Skill	Application	Review
(Baseline assessment)	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (competitive)	Taps for Congrats
2	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (cooperative)	Taps for Congrats
3	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (competitive)	Taps for Congrats
4	Find & Select Shapes	Static Balance: Seated (FUNS 2) – Challenges	Mirror Image	Taps for Congrats
5	Find & Select Shapes	Static Balance: Seated (FUNS 2) – Challenges	Exchange Objects in 4s (cooperative)	Taps for Congrats
(Revisit assessment)	Find & Select Shapes	Static Balance: Seated (FUNS 2) – Challenges	Exchange Objects (competitive)	Taps for Congrats

Lesson	Wayne up		Skill	Application	Review
(Baseline assessment)	Warm-up Race Walking		Dynamic Balance: On a Line (FUNS 5) — Challenges	Application Balance Circuit	Questions Carousel
2	Race Walking		Dynamic Balance: On a Line (FUNS 5) – Challenges	Rock, Paper, Scissors (adapted)	Questions Carousel
3	Race Walking		Dynamic Balance: On a Line (FUNS 5) – Challenges	Balance Circuit	Questions Carousel
4	Line Out	o de la companya de l	Static Balance: Stance (FUNS 4) – Challenges	Balance Transfer (competitive)	Questions Carousel
5	Line Out	0	Static Balance: Stance (FUNS 4) – Challenges	Develop Combinations	Questions Carousel
(Revisit assessment)	Line Out		Static Balance: Stance (FUNS 4) – Challenges	Balance Transfer (competitive)	Questions Carousel
Lesson	Warm-up		Skill	Application	Review
(Baseline assessment)	Grand Prix		Coordination: Ball Skills (FUNS 9) – Challenges	Getting Around Us (cooperative)	Badge of Honour
2	Grand Prix		Coordination: Ball Skills (FUNS 9) – Challenges	All Routes	Badge of Honour Badge of
3	Grand Prix		Coordination: Ball Skills (FUNS 9) — Challenges	Getting Around Us (competitive)	Badge of Honour
4	On the Mat		Counter Balance: With a Partner (FUNS 7) – Challenges	Rollerball	Badge of Honour

Counter Balance:

With a Partner (FUNS 7) – Challenges

Counter Balance:

With a Partner

(FUNS 7) – Challenges

On the Mat

On the Mat

(Revisit

assessment)

Lean Away

Rollerball

Badge of

Badge of

Honour

Honour

Lesson	Warm-up		Skill	Application	Review	
(Baseline assessment)	Ball Tricks		Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Your Rebound	Gift Cards	7
2	Ball Tricks		Coordination: Sending and Receiving (FUNS 8) – Challenges	Juggle Challenge	Gift Cards	Pit N
3	Ball Tricks	11 V. 23mo	Coordination: Sending and Receiving (FUNS 8) – Challenges	Beat the Buzzer	Gift Cards	
4	Ball Handling		Agility: Reaction/Response (FUNS 12) – Challenges	Quick off the Mark	Gift Cards	
5	Ball Handling		Agility: Reaction/Response (FUNS 12) – Challenges	Copy Your Partner	Gift Cards	
(Revisit assessment)	Ball Handling		Agility: Reaction/Response (FUNS 12) – Challenges	Cooperative Challenges	Gift Cards	
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Lesson	Warm-up	·	Skill	Application	Review	
(Baseline	Warm-up Scramble Madness		Skill Agility: Ball Chasing (FUNS 11) – Challenges	Application Tunnels	Review Always, Sometimes, Rarely	101
1	Scramble		Agility: Ball Chasing (FUNS 11) –		Always, Sometimes,	Init 6
(Baseline assessment)	Scramble Madness Scramble		Agility: Ball Chasing (FUNS 11) – Challenges Agility: Ball Chasing (FUNS 11) –	Tunnels Develop	Always, Sometimes, Rarely Always, Sometimes,	Unit 6
(Baseline assessment)	Scramble Madness Scramble Madness Scramble		Agility: Ball Chasing (FUNS 11) - Challenges Agility: Ball Chasing (FUNS 11) - Challenges Agility: Ball Chasing (FUNS 11) -	Tunnels Develop Combinations	Always, Sometimes, Rarely Always, Sometimes, Rarely Always, Sometimes,	Unit 6
(Baseline assessment)	Scramble Madness Scramble Madness Scramble Madness The Hairy, Scary		Agility: Ball Chasing (FUNS 11) - Challenges Agility: Ball Chasing (FUNS 11) - Challenges Agility: Ball Chasing (FUNS 11) - Challenges Static Balance: Floor Work (FUNS 3) -	Tunnels Develop Combinations Tunnels	Always, Sometimes, Rarely Always, Sometimes, Rarely Always, Sometimes, Rarely Always, Sometimes, Rometimes,	Unit 6