



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Unit 1



- 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 ■
- I enjoy working on simple tasks with help ▲

Unit 2



- I can help praise and encourage others in their learning ◆
- I can work sensibly with others, taking turns and sharing ■
- I can play with others and take turns and share with help ▲

Unit 3



- I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance ◆
- I can understand and follow simple rules and can name some things I am good at ■
- I can follow simple instructions ▲

Unit 4



- 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 ■
- I can observe and copy others ▲

Unit 5



- 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 ■
- I can move confidently in different ways ▲

Unit 6



- 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 ■
- 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