



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Weeks

Fundamental Movement Skill Focus

Unit 1



- 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 ■
- I can follow instructions, practise safely and work on simple tasks by myself ▲

1-3

Coordination:
Footwork

4-6

Static Balance:
One Leg

Unit 2



- I show patience and support others. I am happy to show and tell others about my ideas ◆
- I can help praise and encourage others in their learning ■
- I can work sensibly with others, taking turns and sharing ▲

7-9

Dynamic Balance
to Agility:
Jumping and Landing

10-12

Static Balance:
Seated

Unit 3



- I can explain what I am doing well and I have begun to identify areas for improvement ◆
- With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well ■
- I can understand and follow simple rules and can name some things I am good at ▲

13-15

Dynamic Balance:
On a Line

16-18

Static Balance:
Stance

Unit 4



- 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 ■
- I can explore and describe different movements ▲

19-21

Coordination:
Ball Skills

22-24

Counter Balance:
With a Partner

Unit 5



- 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 ■
- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together ▲

25-27

Coordination:
Sending and Receiving

28-30

Agility:
Reaction/Response

Unit 6



- I can describe how and why my body feels during and after exercise. ◆
- 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 ▲

31-33

Agility:
Ball Chasing

34-36

Static Balance:
Floor Work