

	Lesson 1 Baseline Assessment	Lesson 2 Balancing	Lesson 3 Pilates Workout	Lesson 4 Patch Balances	Lesson 5 Balance & Control	Lesson 6 End of Term Assessment
Warm Up	Indoors on chairs: Play Pumped Up Pilates video	Indoors on chairs: Play Pumped Up Pilates video	Indoors on chairs: Play Pumped Up Pilates video	Indoors: Play Why Exercise video	Indoors: Play Why Exercise video	Indoors: Play Why Exercise video
Activity	Baseline Assessment See lesson page and Assessment Snapshot for details.	At the Gym Discuss 'Gym Equipment' slide. Discuss and perform different moves e.g. Weightlifting, bicep curls, squats etc Treadmill, stair climber or cross trainer Stretches Push ups and planks	Discuss the 'What happens when we warm up' slide Seated balance activities. Children sitting in a circle in various positions passing different objects.	Animal Pentathlon Work through each move on the slide. Frog Jumps Bear Crawl Crab Walk Donkey Kicks Gorilla Run Joey pouch	Animal Pentathlon Work through each move on the slide. Frog Jumps Bear Crawl Crab Walk Donkey Kicks Gorilla Run Joey pouch	Baseline Assessment See lesson page and Assessment Snapshot for details.
Skill	Assessment activities continued	Seated balance activities. Children sitting in a circle in various positions passing different objects.	Pilates movements. Work through each slide encouraging good technique.	5 patch balance body parts: Front Back Side Shoulders Bottom	Muddy puddles game. Balancing on different parts of the body, being stuck in the mud.	Assessment activities continued
Activity with Skill	Magical Golden Sock Balance on one foot with different variations. Pull Your Socks Up Balance with heel raise.	Talk test. Explain the talk test and how it is used. Work through each slide, doing the talk test after each exercise.	Talk test. Recap the talk test and how it is used. Work through each slide, doing the talk test after each exercise.	Patch balances. Work through the cards and discuss which area of the body is working and how the children feel doing the exercises.	Balances. Work through the cards and discuss which area of the body is working and how the children feel doing the exercises.	Magical Golden Sock Balance on one foot with different variations. Pull Your Socks Up Balance with heel raise.
Review / Assess	Complete snapshot assessment sheet.	Review slide Children complete the statements.	Review slide Children complete the statements.	Review slide Children complete the statements.	Review slide Children complete the statements.	Complete snapshot assessment sheet.