

	Lesson 1 Baseline Assessment	Lesson 2 Balance & Control	Lesson 3 Equipment & Apparatus	Lesson 4 Strength & Balance	Lesson 5 Seated Balance	Lesson 6 End of Term Assessment
Warm Up	Indoors: Play Fitness video Then: Birds, Caterpillars & Crabs Children perform arm circles as birds, push-ups or floor sliding as caterpillars, and crab walking in "Birds, Caterpillars & Crabs."	Indoors: Play Fitness video Then: Birds, Caterpillars & Crabs 2 Follow commands as in lesson 1, then they then try moving with only one leg touching the floor.	Indoors: Play Fitness video Then: Birds, Caterpillars & Crabs level 3 , children partner up for a counter balance exercise after making circles with their arms. They also do push-ups or race along the floor for Caterpillars and move like crabs to mirror their partner.	Indoors: Play dance video Then: Making Shapes Travelling around using a range of body parts. When the music stops, ask children to perform either a patch or point balance. Use music link.	Indoors: Play dance video Then Patch & Point Reinforce 'what is a balance' (still and steady position for 5 seconds) and recap on the 5 body parts which can be used in a patch balance.	Indoors: Play dance video Then Patch & Point Reinforce 'what is a balance' (still and steady position for 5 seconds) and recap on the 5 body parts used in a patch balance with mirroring.
Activity	Baseline Assessment – Treasure Chest Children's exercise knowledge and abilities are assessed through a treasure game. Teams collect treasure from a central hoop relay-style, while teachers observe and encourage high-fives and bench use.	Balloon Balance Trail Children stand on one leg and tap a balloon while collecting cones from a clock-face position. They can play individually or in pairs/groups, with teammates timing how quickly they can complete the game.	Balloon Balance Trail's level 2 has small groups of players tapping a balloon and collecting cones around a short course while standing on one leg. The game can be played alone, in pairs, or in a group. Teammates can time themselves and play three types of games.	Goalball Team Defence is a team challenge where three players aim to stop the attacker from scoring a goal. The defender must remain on their mat and listen carefully to stop the ball. After five shots, players rotate positions.	Human Bicycle Sitting down and facing a partner, lift the feet, place them against their partners and try to get a balanced cycling motion going without tipping over or needing to put hands down.	End of Term Assessment – Children's exercise knowledge and abilities are assessed through a treasure game. Teams collect treasure from a central hoop relay-style, while teachers observe and encourage high-fives and bench use.
Skill	Use Assessment Snapshot Children learn about the importance of exercise-induced changes in the body, including sweating and increased heart rate. Good health and fitness help with safe movements, and suitable equipment usage.	Low Beam Balance Transfer items from a start point into a target by: Keeping it up in the air (balloon) & balancing it on your head (beanbag/quoit) or on a racket (ball) It can be made easier or harder by using a raised surface or wobble cushion.	Catch on a low beam: balance on a line or low beam and raise opposite knees to elbows 5 times. Catch a large ball at knee height and above your head, thrown away from your body or a small ball thrown close to or away from your body.	Holding Form This exercise improves core strength and balance. In a seated position, players must swap equipment from side-to-side, place equipment on opposite sides, hold a dish shape, and create five seated shapes.	Object Passing Sitting on the floor and passing a piece of equipment from a zone on one side of their body (an object in a hoop or on a spot marker) to another zone. Solo and partner activities.	Use Assessment Snapshot Children learn about the importance of exercise-induced changes in the body, including sweating and increased heart rate. Good health and fitness help with safe movements, and suitable equipment usage.
Activity with Skill	Balloon Racing Children race around a cone-defined oval track, keeping a balloon in the air alternating laps with their teammate. They can compete against their personal best time while the teacher can hit the balloon away in Level 2.	Balloon Racing Level 3 After playing levels 1 and 2, add benches on one side of the track for children to traverse while keeping the balloon in the air. Encourage personal best scores for number of laps completed within a set time.	Play Balloon Racing: Interference on the oval track from ithink Lesson 1. Play through levels 1-3 and introduce levels 4 and 5. In level 4, the teacher can push children off the low beam, and in level 5, children can hit each other's balloons. Encourage Personal Best score.	Goalball is a 3 v 3 sport with non-playing roles. Use a ball with a bell or tie a plastic bag. Possession lost for not staying on mats, kicking ball, or removing eyeshades. Four outcomes when rolling ball: goal, out of play, blocked, blocked and out.	In Goalball: Level 2 , players should review the rules from Lesson 4 and try to pass the ball to their teammates using their hands for bonus points. Tactical Timeout rules are the same as in Level 1.	In Goalball: Level 3 , players should review the rules and form teams. They must demonstrate more advanced skills, such as passing while holding a balance or blocking thrown balls. Review Tactical Timeout rules and assess questions from Level 1.
Review / Assess	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning.	Then & Now This beginning & end-of-lesson assessment measures confidence before and after a task. Children stand beside the colour that best matches their feelings and confidence.	Then & Now This beginning & end-of-lesson assessment measures confidence before and after a task. Children stand beside the colour that best matches their feelings and confidence.	Secret Agent Teacher recruits a handful of 'secret agents' who are given secret instructions prior to the last game, to listen out for a particular thing and then report back.	Secret Agent Teacher recruits a handful of 'secret agents' who are given secret instructions prior to the last game, to listen out for a particular thing and then report back.	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning.