

i moves	Lesson 1 Baseline Assess	Lesson 2 Controlling Equipment	Lesson 3 Movement & Evasion	Lesson 4 Hand-Eye Coordination	Lesson 5 Gameplay Positioning	Lesson 6 End of Term Assess
Warm Up	Indoors: Play fitness video Then: Knock, Knock Children speed walk around area of cone 'doors'. On "knock, knock" children knock on door with hands, feet, knees, elbows, heads and bottom.	Indoors: Play fitness video Then: Knock, Knock 2 As lesson 4 but children record how many doors they get through; this is their Personal Best (PB) score. Whistle after 20 seconds stops play.	Indoors: Play fitness video Then: Knock, Knock 3 As lesson 5 but with a tennis ball on each doorway. Children move, knock then bounce the ball 5 times before moving to another doorway to knock.	Indoors: Play warm up video Then: Strength & Balance Children memorise as many positions and transitions as possible. Use the Audio as gentle background music to help focus.	Indoors: Play warm up video Then: Strength & Balance Children memorise as many positions and transitions as possible. Use the Audio as gentle background music to help focus.	Indoors: Play warm up video Then: Strength & Balance Children to create their own mix routine of positions and transitions between the two - focussing on strength and balance while doing so.
Activity	Baseline Assessment Score Doors Children work in partners with equipment that can roll. Children race to get in position on 'knock, knock'. 30 seconds to pass their equipment through the door.	Move Ball Solo/Pair Children stood in pairs with ball. Child moves ball around body as many times as possible in 30 seconds. Pair: Child moves ball around their body, and then their partner's body.	Cat & Mouse Evasion Children stand back-to-back, one step apart, numbered 1 and 2. Aim of the game is to avoid being tagged by the other, when called, before reaching the end zone.	Two Legs, One Leg Arm out in front, shoulder height, holding a tennis ball. Let the ball bounce on the floor and then try to catch it before it bounces a second time.	Bounce & Catch Teams of 4-6. 1 team is throwing team and other is catching. Throwers take turns to throw a ball over a barrier and try to bounce the ball in one of three hoops.	Baseline Assessment Score Doors Children work in partners with equipment that can roll. Children race to get in position on 'knock, knock'. 30 seconds to pass their equipment through the door.
Skill	Use Assessment Snapshot Continue assessment. See lesson page and Assessment Snapshot for details. This activity assesses the children's footwork, balance and PB motivation.	Swap Shop Children choose a ball and move around the area (filled with cones) while passing the ball around their waist. On "Swap", the children swap equipment and keep moving around the area.	Dodging Children work on their dodging skills, starting at a low pace and increasing the speed as confidence and ability grows.	Two Legs, One Leg Pairs: React quickly and catch tennis ball. React quickly and catch while balancing on 1 leg. Bring their hand across their body and catch a tennis ball after 1 bounce	Wall Bounce Rally Similar setup to lesson 4, but the 2nd and 3rd levels of build rebounding skills and rally skills, ending with the development of a playable game situation.	Use Assessment Snapshot Continue assessment. See lesson page and Assessment Snapshot for details. This activity assesses the children's footwork, balance and PB motivation.
Activity with Skill	Control Centre Place balls in middle of a mat. Spread out cones to make a slalom. Children choose a ball and dribble from the Control Centre, back through the slalom to home.	Swap Shop Score Repeat instructions from 'Skill'. When "SWAP" is shouted, children race to the 'ball pit' and swap their ball, before carrying on. SWAP SHOP means children change roles in the game.	Cat & Mouse: Game Children must evade being tagged by one other player, using the dodging skills just taught, for a maximum of 30 seconds. If they succeed, they earn a point.	Wall Bounce Children take it in turns to practice balance, throwing and catching against a wall. Games should last approx. 1-2 minutes. 3 levels of progression included.	Bounce & Rally This is a repeat of the 'Bounce & Catch' game - but utilising the skill of returning the ball to create a rally situation (as practised in the skill element of the lesson).	Feed, Bounce, Hit A: Feeds the ball to B. B lets the ball bounce and hits to C aiming to get the shot between the two cones. C: tries to catch the ball or collect it to return to A.
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	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills and their character – so in essence, their Head, Hands and Heart.	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills and their character – so in essence, their Head, Hands and Heart.	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.	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