

	Lesson 1 Baseline Assessment	Lesson 2 Moving with Control	Lesson 3 Core Strength & Balance	Lesson 4 Balancing with Equipment	Lesson 5 Balancing with Equipment	Lesson 6 End of Term Assessment
Warm Up	Indoors: Play Fitness video Then: Traffic Jam activity helps kids with movement & awareness. They walk slowly, then faster while dodging & twisting. 5th gear involves patting a balloon while moving. Gear changes must show control & awareness of surroundings.	Indoors: Play Fitness video Then: Traffic Jam 2 Start the same as in Lesson 1, then add: children move in a circle, adapting their movements to various positions like crab, monkey, snake, or using one leg.	Indoors: Play Fitness video Then: Traffic Jam Build Up activity improves children's movements and spatial awareness through gear exchange with & without verbal communication. Can be done indoors or outdoors.	Indoors: Play Fitness video Then: Follow the Leader is a floor-based assault course using cones, spots, ropes, and hurdles. Participants travel using different locomotive skills, maintaining balance. Working in pairs, one partner leads and the other follows closely.	Indoors: Play Fitness video Then: Follow the Leader 2 4 participants in 2 pairs working with shared equipment to complete an obstacle course set up as in Lesson 4, with the leader using a range of movements and the followers challenged to do the course backwards.	Indoors: Play Fitness video Then: Follow the Leader 3 Working in pairs with a leader directing a blindfolded or closed-eyed Follower using only their voice. Based on lessons 4 and 5, the activity can be done indoors or outdoors.
Activity	Baseline Assessment – Challenge Circuit Teams design a challenge circuit using equipment, focusing on balance, movement, floor and low-beam activities, with clear instructions. They try the other circuits, evaluate on ability to create rules, adapt, link movements and compare actions.	Crab Football 2 teams of 5-6 players each (inc. goalies) play in a large rectangular area using only feet/head to hit ball in crab position. Goals earned by putting ball in opposing team's goal. Only goalkeeper can use hands. Points can be earned by demonstrating positive traits.	Crab Football Extra is a game with flexible rules, where teams can add a new rule and assess its impact on playability, accessibility, and focus. The pitches are set up as explained in icreate: Lesson 2: Cones and Crabs.	Balance on a Line Maintaining balance on a line: Work in partners, walk forwards and backwards with fluidity, lift knees and heels, walk heel to toe, catch a ball as you walk. Repeat on a low beam.	Balance on a Line 2 Partners improve balance walking sideways L-R & R-L, batting a balloon & catching & returning a ball on a low beam.	End of Term Assessment – Challenge Circuit Teams design a challenge circuit using equipment, focusing on balance, movement, floor and low-beam activities, with clear instructions. They try the other circuits, evaluate on ability to create rules, adapt, link movements and compare actions.
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.	Spiders & Crabs: Maintaining balance exercise. Spider: place item on back, take off with other hand in mini-front support, hold mini-back support. Crab: place item on tummy, take off with other hand in mini-back support.	Spiders and Crabs 2 This series of exercises focuses on core strength through front & back support positions, lifting arms & legs, and transferring items.	Balance with Equipment: 1 - Maintaining balance on a line, with added equipment manipulation such as beanbag on head, bouncing ball, balancing ball on bat, or picking up cones. Repeat on a low beam. Work in pairs with a coach and trainee.	Balance with Equipment 2 1. Beanbag on head 2. Ball bounce while walking 3. Ball bounce on racket 4. Tennis ball balance on bat Pick up cones while doing 1-4. Repeat on a low beam.	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	Crab Football: Clear-Out Crab Football: Players divided into 2 teams, move like a crab to protect their beach and clear the other team's beach balls. Using feet only to kick, team with least balls wins. Tactical timeouts allowed for strategy discussions.	Cones & Crabs Football: Teams of 5-6 play in crab position, using only feet/head to hit ball. Goals scored by putting ball in opposing team's goal. Bonus point for transferring cone to hoop. Game starts with leader dropping ball for kick-off.	Spiders, Cones & Crabs Players choose crab or spider positions, transferring cones to a hoop to score goals while balancing. Cones must be transferred on stomach for crabs, and on back for spiders. Bonus for successful transfers without dropping.	Balance Trail Participants design balance circuit to improve balance and move quickly and accurately, increasing difficulty after completion. Children analyse and give feedback, experimenting with movement and tactics.	Balance Trail 2 Balancing Trail: Level 2 - Improve balance while moving through a circuit using hurdles, spots, benches, or hoops. Travel quickly, return to start if balance lost, increase difficulty, provide feedback, and alter activities using change the game cards.	Balance Trail 3 Balancing Skills in SPIDER/CRAB Positions: Students design a circuit, transport equipment, analyse performance, and use "Change the Game" cards for added challenge.
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	Peer Observation Cards Child observes another child in order to provide feedback, support and advice. Inspire children to interact with someone different than their usual go-to.	Peer Observation Cards Child observes another child in order to provide feedback, support and advice. Inspire children to interact with someone different than their usual go-to.	2 Stars, 1 Wish Promote self or peer evaluation depending on what you want the children to work on. Children to think of 2 positive things and one improvement.	2 Stars, 1 Wish Promote self or peer evaluation depending on what you want the children to work on. Children to think of 2 positive things and one improvement.	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