



DURATION
45-60 mins



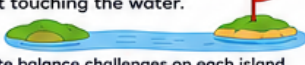
AGE
5-7 years



FOCUS
Fundamental Movement Skills
through fun, inclusive games



OUTCOMES
Build skills, confidence,
teamwork and enjoyment!

WEEK	FOCUS & OBJECTIVE	KEY SKILLS	EQUIPMENT	MAIN GAME	KEY FOCUS
1	 RUNNING & SPATIAL AWARENESS Develop safe movement, stopping and changing direction.	- Running - Stopping - Changing direction - Awareness of space - Speed control	 Cones  Beanbags  Hoops  Coloured markers	TREASURE HUNTERS Collect beanbags ("treasure") and return to your team's hoop. 	✓ Awareness of space ✓ Safe running ✓ Stopping under control ✓ Following instructions
2	 JUMPING & LANDING Develop jumping technique and safe landings.	- Two feet jump - One foot jump - Take off & landing - Balance - Body control	 Hoops  Spot markers  Cones	RIVER CROSSING Jump between hoops to cross the river without touching the water!   	✓ Soft landings ✓ Balance ✓ Judging distance ✓ Confidence
3	 THROWING & CATCHING Develop underarm throwing and catching skills.	- Underarm throw - Catching - Bounce & catch - Aiming - Hand-eye coordination	 Beanbags  Soft balls  Buckets  Hoops	TARGET CHAMPIONS Throw beanbags into hoops to earn points. Challenge: increase distance for more points! 	✓ Aiming ✓ Accuracy ✓ Catching ✓ Hand-eye coordination
4	 BALANCE & COORDINATION Improve static and dynamic balance.	- Static balance - Dynamic balance - Core control - Body awareness - Coordination	 Benches  Balance spots  Beanbags  Cones	PIRATE ISLANDS Travel across the islands without touching the water. Complete balance challenges on each island. 	✓ Balance ✓ Control ✓ Concentration ✓ Core strength
5	 AGILITY & TEAMWORK Develop agility, cooperation and communication.	- Agility - Speed - Teamwork - Communication - Perseverance	 Cones  Hoops  Beanbags	RELAY CHALLENGE Teams complete an obstacle course carrying a beanbag. Focus: encouragement, waiting turns, teamwork. 	✓ Cooperation ✓ Agility ✓ Taking turns ✓ Encouragement
6	 MULTI SKILLS FESTIVAL Apply all skills learned over the six weeks.	- Running - Jumping - Throwing - Balancing - Teamwork	Use all previous equipment for a range of fun activities! 	CAPTURE THE TREASURE A fun team game using running, throwing, balancing and teamwork to capture the treasure! 	✓ Using all skills ✓ Teamwork ✓ Problem solving ✓ Having fun!



ACTIVITY STATIONS
(WEEK 6) 5-7 mins per station



1 Running Relay



2 Jump Challenge



3 Throwing Target



4 Balance Pathway



5 Obstacle Course



DIFFERENTIATION SUPPORT

- Reduce distances
- Use larger, softer balls
- Allow extra attempts
- Pair with supportive partners



CHALLENGE

- Increase distance
- Use non-dominant hand
- Add time limits
- Include more complex movement patterns



ASSESSMENT OPPORTUNITIES

Observe children for:

- ✓ Safe movement
- ✓ Balance and body control
- ✓ Throwing and catching technique
- ✓ Ability to follow instructions
- ✓ Confidence and participation
- ✓ Teamwork and communication



NATIONAL CURRICULUM LINKS (PE – KEY STAGE 1)

Children should be taught to:

- ✓ Master basic movements including running, jumping, throwing and catching.
- ✓ Develop balance, agility and coordination.
- ✓ Participate in team games.
- ✓ Perform movements with increasing competence and confidence.

