

Scheme of Learning: Physical Education



A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Coordination: Footwork	Dynamic Balance to Agility: Jumping and Landing	Dynamic Balance On a Line	Coordination Ball Skills	Coordination Sending and Receiving	Agility Ball Chasing
	Static balance: One Leg	Static Balance: Seated	Static Balance Stance	Counter Balance With a Partner	Agility Reaction/Response	Static Balance Floor Work
1	Fundamentals: Movement	Multiskills: Sending and receiving	Body Management: Athletics & Fitness	Invasion Games: Invasion	Racket sports	Body Management: Gymnastics
2						
3	Target Games: Dodgeball	Target Games Hockey Golf	Body Management: Athletics & Fitness	Invasion Games: Basketball Handball	Net Games: Table Tennis Tennis	Body Management: Gymnastics & Dance
4						
5	Invasion: Netball	Target Games: Lacrosse Hockey	Body Management: Athletics & Fitness	Invasion Games: Handball American Football	Net Games: Table Tennis Badminton	Body Management: Parkour & Dance
6						

[Inclusion Cards - Yellow Set](#)

[Inclusion Cards - Green Set](#)

Vocabulary Progression in Physical Education

EYFS & Key Stage 1	Key Stage 2
Basic movement Jump Hop Stop on command Sprint Run Skip Gallop	
Developing balance Single balance Apparatus Side roll Climb Walk	Developing balance Forward roll Backward Roll Control Coordination Precision Control Fluency
Agility and coordination Throw Catch Roll	Agility and coordination Over Arm Throw Under Arm Throw Chest pass

Target Kick Accuracy Aim Dribble Balance Strike Obstacle Hit Pass	Volley Pivot Bounce Consistency Dynamics Speed Direction Level Coordination Precision Control Fluency Dribble
Team games Opponent Control Rules Team Cooperate Control Accuracy Team Work	Team games Participation Tactics Attack Defend Defence Competitive Competition Compete Mark
Movement patterns Dance Theme Pattern Movement Beat Sequence Mirror	Movement patterns Create Perform Expressive dance phase Expression Contrast Consistency Dynamics Speed

	Direction Level Coordination Precision Control Fluency Evaluate Improve Develop Transition Compose Compare Adapt Refine Symmetry
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EYFS

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	I'm Riding on my Bike 	Coordination: Footwork (FUNS 10) – Exploring Movements	I'm Riding on my Bike song	Time Shares
2	I'm Riding on my Bike 	Coordination: Footwork (FUNS 10) – Birthday Bike Surprise	Off for a Ride game	Time Shares
3	I'm Riding on my Bike 	Coordination: Footwork (FUNS 10) – Birthday Bike Surprise	Off for a Ride game	Time Shares
4	Pirate Adventure 	Static Balance: One Leg (FUNS 1) – Exploring Movements	Oh! You'll Never Get to Sea song	Time Shares
5	Pirate Adventure 	Static Balance: One Leg (FUNS 1) – Pirate Pranks	Oh! You'll Never Get to Sea song	Time Shares
6 (Revisit assessment)	Pirate Adventure 	Static Balance: One Leg (FUNS 1) – Pirate Pranks	Popping Pirates game	Time Shares

Unit 1

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Moon Adventure 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Exploring Movements	I Jumped Aboard a Rocket Ship song	Taps for Congrats
2	Moon Adventure 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Journey to the Blue Planet	I Jumped Aboard a Rocket Ship song	Taps for Congrats
3	Moon Adventure 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Journey to the Blue Planet	Home Planet game	Taps for Congrats
4	Fun in the Jungle 	Static Balance: Seated (FUNS 2) – Exploring Movements	Five Cheeky Monkeys song	Taps for Congrats
5	Fun in the Jungle 	Static Balance: Seated (FUNS 2) – Monkey Business!	Five Cheeky Monkeys song	Taps for Congrats
6 (Revisit assessment)	Fun in the Jungle 	Static Balance: Seated (FUNS 2) – Monkey Business!	Cheeky Monkey Says game	Taps for Congrats

Unit 2

Lesson	Warm-up		Skill	Application	Review
1 (Baseline assessment)	Puffing Along		Dynamic Balance: On a Line (FUNS 5) – Exploring Movements	Five Little Puffer Trains song	Questions Carousel
2	Puffing Along		Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Five Little Puffer Trains song	Questions Carousel
3	Puffing Along		Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Puffing Along game	Questions Carousel
4	Line Out		Static Balance: Stance (FUNS 4) – Exploring Movements	Children on a Rope song	Questions Carousel
5	Line Out		Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Children on a Rope song	Questions Carousel
6 (Revisit assessment)	Line Out		Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Mirror, Mirror on the Wall game	Questions Carousel

Unit 3

Lesson	Warm-up		Skill	Application	Review
1 (Baseline assessment)	Clown's Naughty Ball		Coordination: Ball Skills (FUNS 9) – Exploring Movements	Shoulders, Tummy, Knees and Toes song	Badge of Honour
2	Clown's Naughty Ball		Coordination: Ball Skills (FUNS 9) – Clowning Around	Shoulders, Tummy, Knees and Toes song	Badge of Honour
3	Clown's Naughty Ball		Coordination: Ball Skills (FUNS 9) – Clowning Around	Add a Move game	Badge of Honour
4	Off to the Seaside		Counter Balance: With a Partner (FUNS 7) – Exploring Movements	Hold on Tight song	Badge of Honour
5	Off to the Seaside		Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	Hold on Tight song	Badge of Honour
6 (Revisit assessment)	Off to the Seaside		Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	The Never-ending Relay Race game	Badge of Honour

Unit 4

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Big Top Time 	Coordination: Sending and Receiving (FUNS 8) – Exploring Movements	Big Top Time game	Gift Cards
2	Big Top Time 	Coordination: Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Big Top Time game	Gift Cards
3	Big Top Time 	Coordination: Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Dice Dance game (integrating sending and receiving activities)	Gift Cards
4	Magic Bean 	Agility: Reaction/Response (FUNS 12) – Exploring Movements	RINGO song (with clap and sit down/ stand up/turn around)	Gift Cards
5	Magic Bean 	Agility: Reaction/Response (FUNS 12) – Ringo to the Rescue	RINGO song (with clap and sit down/ stand up/turn around)	Gift Cards
6 (Revisit assessment)	Magic Bean 	Agility: Reaction/Response (FUNS 12) – Ringo to the Rescue	Dice Dance game (integrating agility activities)	Gift Cards

Unit 5

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	The Hairy, Scary Woods 	Agility: Ball Chasing (FUNS 11) – Exploring Movements	Two Cheeky Squirrels song	Always, Sometimes, Rarely
2	The Hairy, Scary Woods 	Agility: Ball Chasing (FUNS 11) – Sammy Squirrel and his Rolling Nuts	Two Cheeky Squirrels song	Always, Sometimes, Rarely
3	The Hairy, Scary Woods 	Agility: Ball Chasing (FUNS 11) – Sammy Squirrel and his Rolling Nuts	Collecting Nuts for Winter game	Always, Sometimes, Rarely
4	Little Kitties Time to Play 	Static Balance: Floor Work (FUNS 3) – Exploring Movements	Hungry, Hungry Caspar Cat song (children moving on all 4s)	Always, Sometimes, Rarely
5	Little Kitties Time to Play 	Static Balance: Floor Work (FUNS 3) – Casper the Very Clever Cat	Hungry, Hungry Caspar Cat song (children moving on all 4s)	Always, Sometimes, Rarely
6 (Revisit assessment)	Little Kitties Time to Play 	Static Balance: Floor Work (FUNS 3) – Casper the Very Clever Cat	Pass the Hoop game	Always, Sometimes, Rarely

Unit 6

Year 1

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	I'm Riding on my Bike 	Coordination: Footwork (FUNS 10) – Birthday Bike Surprise	Off for a Ride game	Time Shares
2	I'm Riding on my Bike 	Coordination: Footwork (FUNS 10) – Birthday Bike Surprise	Off for a Ride game	Time Shares
3	I'm Riding on my Bike 	Coordination: Footwork (FUNS 10) – Birthday Bike Surprise	Follow the Leader game	Time Shares
4	Pirate Adventure 	Static Balance: One Leg (FUNS 1) – Pirate Pranks	Oh! You'll Never Get to Sea song	Time Shares
5	Pirate Adventure 	Static Balance: One Leg (FUNS 1) – Pirate Pranks	Popping Pirates game	Time Shares
6 (Revisit assessment)	Pirate Adventure 	Static Balance: One Leg (FUNS 1) – Pirate Pranks	Popping Pirates game	Time Shares

Unit 1

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Moon Adventure 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Journey to the Blue Planet	I Jumped Aboard a Rocket Ship song	Taps for Congrats
2	Moon Adventure 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Journey to the Blue Planet	I Jumped Aboard a Rocket Ship song	Taps for Congrats
3	Moon Adventure 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Journey to the Blue Planet	Home Planet game	Taps for Congrats
4	Fun in the Jungle 	Static Balance: Seated (FUNS 2) – Monkey Business!	Five Cheeky Monkeys song	Taps for Congrats
5	Fun in the Jungle 	Static Balance: Seated (FUNS 2) – Monkey Business!	Cheeky Monkey Says game	Taps for Congrats
6 (Revisit assessment)	Fun in the Jungle 	Static Balance: Seated (FUNS 2) – Monkey Business!	Exchange Objects in 3s game	Taps for Congrats

Unit 2

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Puffing Along 	Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Five Little Puffer Trains song	Questions Carousel
2	Puffing Along 	Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Puffing Along game	Questions Carousel
3	Puffing Along 	Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Puffing Along game	Questions Carousel
4	Line Out 	Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Mirror, Mirror on the Wall game	Questions Carousel
5	Line Out 	Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Mirror, Mirror on the Wall game	Questions Carousel
6 (Revisit assessment)	Line Out 	Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	1 v 1 Balance game	Questions Carousel

Unit 3

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Clown's Naughty Ball 	Coordination: Ball Skills (FUNS 9) – Clowning Around	Add a Move game	Badge of Honour
2	Clown's Naughty Ball 	Coordination: Ball Skills (FUNS 9) – Clowning Around	Add a Move game	Badge of Honour
3	Clown's Naughty Ball 	Coordination: Ball Skills (FUNS 9) – Clowning Around	Grand Prix Qualifying game	Badge of Honour
4	Off to the Seaside 	Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	Hold on Tight song	Badge of Honour
5	Off to the Seaside 	Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	The Never-ending Relay Race game	Badge of Honour
6 (Revisit assessment)	Off to the Seaside 	Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	Lean on Me game	Badge of Honour

Unit 4

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Bouncing Balls song	Gift Cards
2	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Big Top Time game	Gift Cards
3	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Dice Dance game (integrating sending and receiving activities)	Gift Cards
4	Magic Bean 	Agility: Reaction/Response (FUNS 12) – Ringo to the Rescue	Link Skills game	Gift Cards
5	Magic Bean 	Agility: Reaction/Response (FUNS 12) – Ringo to the Rescue	Link Skills game	Gift Cards
6 (Revisit assessment)	Magic Bean 	Agility: Reaction/Response (FUNS 12) – Ringo to the Rescue	Magical Shapes and Letters game	Gift Cards

Unit 5

Unit 6

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	The Hairy, Scary Woods	 Agility: Ball Chasing (FUNS 11) – Sammy Squirrel and his Rolling Nuts	Collecting Nuts for Winter game	Always, Sometimes, Rarely
2	The Hairy, Scary Woods	 Agility: Ball Chasing (FUNS 11) – Sammy Squirrel and his Rolling Nuts	Collecting Nuts for Winter game	Always, Sometimes, Rarely
3	The Hairy, Scary Woods	 Agility: Ball Chasing (FUNS 11) – Sammy Squirrel and his Rolling Nuts	Develop Combinations game	Always, Sometimes, Rarely
4	Little Kitties Time to Play	 Static Balance: Floor Work (FUNS 3) – Casper the Very Clever Cat	Hungry, Hungry Caspar Cat song (children moving on all 4s)	Always, Sometimes, Rarely
5	Little Kitties Time to Play	 Static Balance: Floor Work (FUNS 3) – Casper the Very Clever Cat	Pass the Hoop game	Always, Sometimes, Rarely
6 (Revisit assessment)	Little Kitties Time to Play	 Static Balance: Floor Work (FUNS 3) – Casper the Very Clever Cat story	Distance Objects game	Always, Sometimes, Rarely

Year 2

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Rock, Paper Scissors 	Coordination: Footwork (FUNS 10) – Challenges	Matching Pairs	Time Shares
2	Rock, Paper Scissors 	Coordination: Footwork (FUNS 10) – Challenges	Follow the Leader	Time Shares
3	Rock, Paper Scissors 	Coordination: Footwork (FUNS 10) – Challenges	Matching Pairs	Time Shares
4	Stuck in the Mud 	Static Balance: One Leg (FUNS 1) – Challenges	Balloon Balance	Time Shares
5	Stuck in the Mud 	Static Balance: One Leg (FUNS 1) – Challenges	Mirror Image	Time Shares
6 (Revisit assessment)	Stuck in the Mud 	Static Balance: One Leg (FUNS 1) – Challenges	Balloon Balance	Time Shares

Unit 1

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Stepping Stones 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (competitive)	Taps for Congrats
2	Stepping Stones 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (cooperative)	Taps for Congrats
3	Stepping Stones 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (competitive)	Taps for Congrats
4	Find & Select Shapes 	Static Balance: Seated (FUNS 2) – Challenges	Mirror Image	Taps for Congrats
5	Find & Select Shapes 	Static Balance: Seated (FUNS 2) – Challenges	Exchange Objects in 4s (cooperative)	Taps for Congrats
6 (Revisit assessment)	Find & Select Shapes 	Static Balance: Seated (FUNS 2) – Challenges	Exchange Objects (competitive)	Taps for Congrats

Unit 2

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Race Walking 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Balance Circuit	Questions Carousel
2	Race Walking 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Rock, Paper, Scissors (adapted)	Questions Carousel
3	Race Walking 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Balance Circuit	Questions Carousel
4	Line Out 	Static Balance: Stance (FUNS 4) – Challenges	Balance Transfer (competitive)	Questions Carousel
5	Line Out 	Static Balance: Stance (FUNS 4) – Challenges	Develop Combinations	Questions Carousel
6 (Revisit assessment)	Line Out 	Static Balance: Stance (FUNS 4) – Challenges	Balance Transfer (competitive)	Questions Carousel

Unit 3

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Grand Prix 	Coordination: Ball Skills (FUNS 9) – Challenges	Getting Around Us (cooperative)	Badge of Honour
2	Grand Prix 	Coordination: Ball Skills (FUNS 9) – Challenges	All Routes	Badge of Honour
3	Grand Prix 	Coordination: Ball Skills (FUNS 9) – Challenges	Getting Around Us (competitive)	Badge of Honour
4	On the Mat 	Counter Balance: With a Partner (FUNS 7) – Challenges	Rollerball	Badge of Honour
5	On the Mat 	Counter Balance: With a Partner (FUNS 7) – Challenges	Lean Away	Badge of Honour
6 (Revisit assessment)	On the Mat 	Counter Balance: With a Partner (FUNS 7) – Challenges	Rollerball	Badge of Honour

Unit 4

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Your Rebound	Gift Cards
2	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Juggle Challenge	Gift Cards
3	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Beat the Buzzer	Gift Cards
4	Ball Handling 	Agility: Reaction/Response (FUNS 12) – Challenges	Quick off the Mark	Gift Cards
5	Ball Handling 	Agility: Reaction/Response (FUNS 12) – Challenges	Copy Your Partner	Gift Cards
6 (Revisit assessment)	Ball Handling 	Agility: Reaction/Response (FUNS 12) – Challenges	Cooperative Challenges	Gift Cards

Unit 5

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Scramble Madness 	Agility: Ball Chasing (FUNS 11) – Challenges	Tunnels	Always, Sometimes, Rarely
2	Scramble Madness 	Agility: Ball Chasing (FUNS 11) – Challenges	Develop Combinations	Always, Sometimes, Rarely
3	Scramble Madness 	Agility: Ball Chasing (FUNS 11) – Challenges	Tunnels	Always, Sometimes, Rarely
4	The Hairy, Scary Woods 	Static Balance: Floor Work (FUNS 3) – Challenges	Front Curling	Always, Sometimes, Rarely
5	The Hairy, Scary Woods 	Static Balance: Floor Work (FUNS 3) – Challenges	Reverse Formation	Always, Sometimes, Rarely
6 (Revisit assessment)	The Hairy, Scary Woods 	Static Balance: Floor Work (FUNS 3) – Challenges	Front Curling	Always, Sometimes, Rarely

Unit 6



Year 3

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Hi Baby! 	Matching Pairs – Personal Best Challenge Balloon Balance – Personal Best Challenge			Time Shares
2	Hi Baby! 	Coordination: Footwork (FUNS 10) – Challenges	Footwork Games	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
3	Hi Baby! 	Coordination: Footwork (FUNS 10) – Challenges	Follow the Leader	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
4	Race Walking 	Coordination: Footwork (FUNS 10) – Challenges	Mirroring & Matching	Mirror Image	Time Shares
5	Race Walking 	Coordination: Footwork (FUNS 10) – Challenges	Mirror Challenge	Mirror Challenge	Time Shares
6 (Revisit assessment)	Race Walking 	Matching Pairs – revisit Personal Best Challenge Balloon Balance – revisit Personal Best Challenge			Time Shares

Unit 1

Unit 1

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Shape Up! 	Develop Combinations – Personal Best Challenge Exchange Objects – Personal Best Challenge			Roles on a Bus
2	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones Crossing	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
3	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
4	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (cooperative)	Find and Select Shapes	Roles on a Bus
5	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Follow the Leader	Exchange Objects in 4s	Roles on a Bus
6 (Revisit assessment)	Dice Frenzy 	Develop Combinations – revisit Personal Best Challenge Exchange Objects – revisit Personal Best Challenge			Roles on a Bus

Unit 2

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	All Change 	3 Limb Race – Personal Best Challenge Getting Around Us – Personal Best Challenge			Reverse Time shares
2	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Follow the Leader	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time shares
3	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Raise the Level	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time shares
4	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Balance Circuit	Getting Around Us	Reverse Time shares
5	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Travel and Turn Differently	All Routes	Reverse Time shares
6 (Revisit assessment)	To Bank or Not to Bank? 	3 Limb Race – revisit Personal Best Challenge Getting Around Us – revisit Personal Best Challenge			Reverse Time shares

Unit 3

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Like Clockwork 	Juggle Challenge – Personal Best Challenge Roller Ball – Personal Best Challenge			Badge of Honour
2	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Your Rebound	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
3	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Send and Receive in Order	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
4	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Explore and Compare	Lean Away	Badge of Honour
5	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Different Rebound	Lean On Me	Badge of Honour
6 (Revisit assessment)	Team Juggling 	Juggle Challenge – revisit Personal Best Challenge Roller Ball – revisit Personal Best Challenge			Badge of Honour

Unit 4

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Continuous Relay 	Quick off the Mark – Personal Best Challenge Front Curling – Personal Best Challenge			Comfort, Stretch, Panic
2	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Cooperative Challenges	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
3	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Copy Your Partner	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
4	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Link Skills	Reverse Formation	Comfort, Stretch, Panic
5	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	2 Ball Challenge	Distance Objects	Comfort, Stretch, Panic
6 (Revisit assessment)	Balloon Champs! (using balls) 	Quick off the Mark – revisit Personal Best Challenge Front Curling – revisit Personal Best Challenge			Comfort, Stretch, Panic

Unit 5

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Inside Out 	Tunnels – Personal Best Challenge			Always, Sometimes, Rarely
2	Inside Out 	Balance Transfer – Personal Best Challenge			Always, Sometimes, Rarely
3	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Timing Through Cooperation	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
4	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Awareness Challenges	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
5	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Develop Combinations	Develop Combinations	Always, Sometimes, Rarely
6 (Revisit assessment)	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Grand Prix Qualifying (adapted for ball chasing)	Mirror Challenge	Always, Sometimes, Rarely
		Tunnels – revisit Personal Best Challenge			Always, Sometimes, Rarely
		Balance Transfer – revisit Personal Best Challenge			Always, Sometimes, Rarely

Unit 6



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Year 4

Lesson	Warm-up	Skill	Application	Cool Down	Review	
1 (Baseline assessment)	Hi Baby!		Matching Pairs – Personal Best Challenge		Time Shares	
2	Hi Baby!		Balloon Balance – Personal Best Challenge		Time Shares	
3	Hi Baby!		Coordination: Footwork (FUNS 10) – Challenges	Select Footwork Patterns	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
4	Race Walking		Coordination: Footwork (FUNS 10) – Challenges	Task Cards	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
5	Race Walking		Coordination: Footwork (FUNS 10) – Challenges	Through the Gates	Counter Balance	Time Shares
6 (Revisit assessment)	Race Walking		Coordination: Footwork (FUNS 10) – Challenges	Footwork Assault Course	Pick Up Put Down	Time Shares
			Matching Pairs – revisit Personal Best Challenge		Time Shares	
			Balloon Balance – revisit Personal Best Challenge			

Unit 1

Unit 1

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Shape Up! 	Develop Combinations – Personal Best Challenge Exchange Objects – Personal Best Challenge			Roles on a Bus
2	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones Relay	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
3	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Perform Sequences	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
4	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Combinations for Distance	Seated Tandem Cycling	Roles on a Bus
5	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	5 Jump Combinations	Order Shapes	Roles on a Bus
6 (Revisit assessment)	Dice Frenzy 	Develop Combinations – revisit Personal Best Challenge Exchange Objects – revisit Personal Best Challenge			Roles on a Bus

Unit 2

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	All Change 	3 Limb Race – Personal Best Challenge Getting Around Us – Personal Best Challenge			Reverse Time Shares
2	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Go Backwards	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time Shares
3	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Mirror/ Match/ Contrast	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time Shares
4	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Original Sequence	Take Giant Strides g	Reverse Time Shares
5	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Training Circuit	Go Around in Circles	Reverse Time Shares
6 (Revisit assessment)	To Bank or Not to Bank? 	3 Limb Race – revisit Personal Best Challenge Getting Around Us – revisit Personal Best Challenge			Reverse Time Shares

Unit 3

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Like Clockwork 	Juggle Challenge – Personal Best Challenge Roller Ball – Personal Best Challenge			Badge of Honour
2	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	2 v 2 Throw Squash	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
3	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Send and Receive Circuits	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
4	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Beat the Buzzer	Combine and Contrast	Badge of Honour
5	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Creative Squash	Supporting Weight	Badge of Honour
6 (Revisit assessment)	Team Juggling 	Juggle Challenge – revisit Personal Best Challenge Roller Ball – revisit Personal Best Challenge			Badge of Honour

Unit 4

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Continuous Relay 	Quick off the Mark – Personal Best Challenge Front Curling – Personal Best Challenge			Comfort, Stretch, Panic
2	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Competitive Challenge	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
3	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Adapt & Respond	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
4	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Keep Possession	Reverse Formation	Comfort, Stretch, Panic
5	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Competitive Challenge 2	Front Support Hockey	Comfort, Stretch, Panic
6 (Revisit assessment)	Balloon Champs! (using balls) 	Quick off the Mark – revisit Personal Best Challenge Front Curling – revisit Personal Best Challenge			Comfort, Stretch, Panic

Unit 5

Unit 6

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Inside Out 	Tunnels – Personal Best Challenge Balance Transfer – Personal Best Challenge			Always, Sometimes, Rarely
2	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Timing Through Collaboration	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
3	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Team Strategy Challenges	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
4	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Develop Sequences	Keep Away v Intercept	Always, Sometimes, Rarely
5	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Oversee Competition	Perform Sequences	Always, Sometimes, Rarely
6 (Revisit assessment)	Rock, Paper, Scissors 	Tunnels – revisit Personal Best Challenge Balance Transfer – revisit Personal Best Challenge			Always, Sometimes, Rarely

Year 5 & 6

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Hi Baby!	Throw Tennis 	Coordination: Ball Skills (FUNS 9) – Challenges	Throw Tennis	Secret Stats
2	Hi Baby!	Throw Tennis 	Agility: Reaction/Response (FUNS 12) – Challenges	Throw Tennis	Secret Stats
3	Hi Baby!	Throw Tennis 	Ladder Tournament		Secret Stats
4	Hi Baby!	Endball 	Coordination: Ball Skills (FUNS 9) – Challenges	Endball	Secret Stats
5	Hi Baby!	Endball 	Agility: Reaction/Response (FUNS 12) – Challenges	Endball	Secret Stats
6 (Revisit assessment)	Hi Baby!	Endball 	Round Robin Tournament		Secret Stats

Unit 1

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Like Clockwork	Seated Volleyball 	Static Balance: Seated (FUNS 2) – Challenges	Seated Volleyball	Badge of Honour
2	Like Clockwork	Seated Volleyball 	Static Balance: Floor Work (FUNS 3) – Challenges	Seated Volleyball	Badge of Honour
3	Like Clockwork	Seated Volleyball 	Bump Ladder Tournament		Badge of Honour
4	Like Clockwork	Scorpion Handball 	Static Balance: Seated (FUNS 2) – Challenges	Scorpion Handball	Badge of Honour
5	Like Clockwork	Scorpion Handball 	Static Balance: Floor Work (FUNS 3) – Challenges	Scorpion Handball	Badge of Honour
6 (Revisit assessment)	Like Clockwork	Scorpion Handball 	Round Robin Tournament		Badge of Honour

Unit 2

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Shape Up	River Crossing 	Dynamic Balance: On a Line (FUNS 5) – Challenges	River Crossing	Roles on a Bus
2	Shape Up	River Crossing 	Counter Balance: With a Partner (FUNS 7) – Challenges	River Crossing	Roles on a Bus
3	Shape Up	River Crossing 	Levelling the Playing Field competition		Roles on a Bus
4	Shape Up	Kabadi 	Dynamic Balance: On a Line (FUNS 5) – Training Circuit	Kabadi	Roles on a Bus
5	Shape Up	Kabadi 	Counter Balance: With a Partner (FUNS 7) – Challenges	Kabadi	Roles on a Bus
6 (Revisit assessment)	Shape Up	Kabadi 	Round Robin Tournament with Secret Stats (bonus points for selected Social Skills)		Roles on a Bus

Unit 3

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	All Change	Jumpball 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Jumpball	Comfort, Stretch, Panic
2	All Change	Jumpball 	Static Balance: One Leg (FUNS 1) – Challenges	Jumpball	Comfort, Stretch, Panic
3	All Change	Jumpball 	Round Robin Tournament		Comfort, Stretch, Panic
4	All Change	Jump, Roll, Balance 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Jump, Roll, Balance	Comfort, Stretch, Panic
5	All Change	Jump, Roll, Balance 	Static Balance: One Leg (FUNS 1) – Challenges	Jump, Roll, Balance	Comfort, Stretch, Panic
6 (Revisit assessment)	All Change	Jump, Roll, Balance 	Competition - scored on performance against agreed criteria (to include non-physical aspect)		Comfort, Stretch, Panic

Unit 4

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Continuous Relay	Beanbag Raid 	Static Balance: Stance (FUNS 4) – Challenges	Beanbag Raid	Gift Cards
2	Continuous Relay	Beanbag Raid 	Coordination: Footwork (FUNS 10) – Challenges	Beanbag Raid	Gift Cards
3	Continuous Relay	Beanbag Raid 	Continuous Knockout Tournament		Gift Cards
4	Continuous Relay	Dodgeball 	Static Balance: Stance (FUNS 4) – Challenges	Dodgeball	Gift Cards
5	Continuous Relay	Dodgeball 	Coordination: Footwork (FUNS 10) – Challenges	Dodgeball	Gift Cards
6 (Revisit assessment)	Continuous Relay	Dodgeball 	Ladder Tournament		Gift Cards

Unit 5

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Inside Out	Throlf 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Throlf	Always, Sometimes, Rarely
2	Inside Out	Throlf 	Agility: Ball Chasing (FUNS 11) – Challenges	Throlf	Always, Sometimes, Rarely
3	Inside Out	Throlf 	Levelling the Playing Field Tournament (handicap)		Always, Sometimes, Rarely
4	Inside Out	Scatterball 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Scatterball	Always, Sometimes, Rarely
5	Inside Out	Scatterball 	Agility: Ball Chasing (FUNS 11) – Challenges	Scatterball	Always, Sometimes, Rarely
6 (Revisit assessment)	Inside Out	Scatterball 	Tournament - Knockouts to seed 4 teams (mixed ability)		Always, Sometimes, Rarely

Unit 6