

FOUNDATION STAGE					YEAR R: Multiskills
	LESSON TITLE	WARM UP	BASIC CONTENT	COOL DOWN	TOP START
1	SPATIAL AWARENESS 1	Wiggles	Ability to listen and observe, show an awareness of space for themselves and others	'I touch my head, I touch my feet'.	Spatial awareness- Statues, Rabbits and Trains
2	SPATIAL AWARENESS 2	Traffic Lights	Move confidently, change direction and speed avoiding collisions, stop quickly	Simon Says	Spatial awareness- Rabbits, Squeeze & Up and Down
3	BASIC MOTOR SKILLS 1	Instruments	Move with confidence, travel in different ways with control and co-ordination	Follow my Leader	Basic Motor skills- Animals & Bean Game
4	BASIC MOTOR SKILLS 2	Maze	Jump in different ways, show control and co-ordination, recognise what happens to their bodies during exercise	Letter Shapes	Basic Motor Skills- Bouncing Bouncing relay and pick up
5	CO-ORDINATION & CONTROL 1	Gears	Move with increasing control and co-ordination, use a range of small equipment, carry and control equipment, familiarization, begin to work with a partner	Quiet Arch	Co-ordination & control- Sticky Bits
6	CO-ORDINATION & CONTROL 2	Taps	Controlling a ball, steering a ball, use a small range of equipment,	Tip toe, tiptoe, stretch up tall.	Co-ordination & control- Steering
7	SENDING & AIMING	Rabbits- with hoops	Rolling a ball, controlling their bodies, copy and observe, estimate	Around, over and under	Aiming/Predicting/Estimating- On the move & Target Rolling
8	TRACKING & RECEIVING	Animal Kingdom (Animal Zoo)	Rolling a ball, tracking, working with a partner	Lumps	Aiming/Predicting/Estimating- On the move, With a partner and space walk
9	BOUNCING 1	Ins and Outs	Bouncing a ball, stationary and on the move, estimating, predicting, control and co-ordination, using a range of small equipment,	Creep up	Co-ordination and control- Hot potato
10	BOUNCING 2	Up and Down	Bouncing a ball, bouncing on the move, working with a partner, spatial awareness	Stationary relays and stretches	Co-ordination and control- Hot potato
11	THROWING	Bean Game	Underarm throwing, target throwing, control and co-ordination	Cat stretches	Aiming/Predicting/Estimating- Target throwing
12	STRIKING	Steering	Eye-hand co-ordination and control, spatial awareness, striking with different body parts	Touch the ground with...	Top Play Sending Skills- Striking