

KEY STAGE 1					YEAR 1: Multiskills
	LESSON TITLE	WARM UP	BASIC CONTENT	COOL DOWN	TOPS PLAY
1	<b>BASIC MOVEMENTS &amp; SPATIAL AWARENESS</b>	Traffic Jam	Moving in different ways, along different pathways. Changing direction & stopping quickly.	Simon Says	Movement .... <i>without a ball</i>
2	<b>BASIC MOVEMENTS &amp; SPATIAL AWARENESS</b>	Touch the Floor	Moving in different ways, along different pathways. Dodging, changing direction & stopping	Stretching Rabbits	Movement Games .. <i>rabbits</i>
3	<b>MOVEMENT WITH A BALL</b>	Sticky Ball	Carrying & stopping a ball in different ways. Playing simple relay games	Sticky Ball	Movement with a ball ..... <i>Relay Games</i> Getting used to a ball
4	<b>SENDING SKILLS ROLLING</b>	Beans	Rolling & Aiming	Simple Stretches	Sending skills ..... <i>Rolling</i> Sending skills ..... <i>Aiming</i>
5	<b>SENDING SKILLS ROLLING</b>	Dishes & Domes	Rolling, Aiming & Tracking Rolling to a partner	Simple Stretches	Sending skills..... <i>Rolling</i> Sending skills..... <i>Aiming</i>
6	<b>SENDING SKILLS THROWING</b>	Animals	Undearm throwing. Aiming & control	Letter stretches	Sending skills..... <i>Throwing</i> Sending Skills..... <i>Aiming</i>
7	<b>RECEIVING SKILLS CATCHING</b>	Colours	Bouncing and catching a ball	Seashore Stretches	Receiving skills..... <i>Catching</i>
8	<b>SENDING &amp; RECEIVING CONTROLLING</b>	Touch Down	Racket handling skills. Carrying and controlling a racket. Racket relays	Simple Stretches	Receiving skills..... <i>Controlling</i> Movement with a Ball.... <i>Relay Games</i>
9	<b>SENDING SKILLS AIMING</b>		Net type activity, throwing and aiming. 1 v 1 activity	Ball stretch	Sending & Receiving.....1 v 1
10	<b>SENDING SKILLS STRIKING</b>	Balloons	Kicking a ball, striking a ball with a bat, racket, etc	Letter stretches	Sending Skills..... <i>Striking</i> Sending & Receiving Games..... <i>Quash</i> Sending Skills..... <i>Kicking</i>
11	<b>SENDING &amp; RECEIVING</b>	Gathering	Throwing, catching, striking & gathering skills	Simple stretches	Sending & Receiving Games..... <i>scoring points</i>
12	<b>MULTI-SKILLS CAROUSEL</b>	Dishes & Domes	Throwing, catching, controlling & movement skills	Simple stretches	