




Foundation

	3	4	5	6	7	8
	Basic Movement Teacher defines general working area	Basic Movement Teacher defines general working area Establish meaning of whistle = stop	Basic Movement Teacher in middle of circle – run ‘far away’ Run/walk/hop/skip/sidestep/jump back to teacher Move in different directions until whistle blows forwards/backwards/sideways	Basic Movement Teacher in middle of circle – run ‘far away’ Run/walk/hop/skip/sidestep/jump back to teacher Move in different directions until whistle blows forwards/backwards/sideways Run fast like a racing car	Basic Movement Run fast like a racing car.....Slow like a broken car Individual play with beanbags Balance on body parts Individual play with hoops	Tabloid Sports 1. Relay – pick up/put down bean bags in hoops  2. Bowling 3. How many bean bags in a hoop?  4. Basketball goal 5. Rebound net 6. Handball football through target 
Establish meaning of whistle = stop	Run/walk/hop/skip/sidestep/jump around area and stop on whistle	Run/walk/hop/skip/sidestep/jump around area and stop on whistle				
Add curled movement	Add curled and wide movements	Add curled and high movements				
Individual play with beanbags	Individual play with beanbags	Individual play with beanbags				
Ball Handling Skills Catch No1 – Ball Chase	Individual play with hoops Ball Handling Skills Catch No17 – Roll and Stop	Balance on body parts Individual play with hoops	Balance on body parts Individual play with hoops	Ball Handling Skills Shuttle relays	Ball Handling Skills Ball Bounce No20 Teacher Bounce	
Parachute games - Mushroom Roundabout Cross over Cubbyhouse Cat and Mouse Jaws Mexican Wave Wave ball Poison ball Flip	Kick No20 – Move Back Game Cats and Mice Scarecrow Chasey	Ball Handling Skills Ball Control – Beat Ball Game Shipwreck Walk or Run	Ball Handling Skills Tunnel ball Game What’s the Time Mr Wolf?	Ball Handling Skills Circle tag Game Ball Bounce No12 – Rob the Bank		

SAMPLE