**Foundation** 

Term 1 7 3 4 5 6 8 **Basic Movement Basic Movement Basic Movement Basic Movement Basic Movement Tabloid Sports** Teacher in middle Teacher in middle Run fast like a `er defines Teacher defines **orking** general working of circle - run 'far of circle - run 'far racing 1. Relay – pick ge. car.....Slow up/put down bean area area away' away' bags in hoops Run/walk/hop/ Run/walk/hop/ like a broken car <sup>⊂</sup>stablish meaning skip/sidestep/ skip/sidestep/ Establish mea. jump back to of whistle = stop histle = stop iump back to Individual play teacher teacher Run/walk/hop/ Run /מר with beanbags 2. Bowling skip/sidestep/ skip/sia L Move in different Move in different directions until jump around area directions until Balance on body iump around and stop on and stop on histle blows whistle blows parts ~ds/ 3. How many whistle forwards/ whistle bean bags in a '\\ Individual play backwards/ Add cu sideways hoop? Add curled Add curled and with hoops and high wide movements movement **Run fast like a** movements Individual play . ت Individual play 4. Basketball goal .....Slow with beanbags with beanbags Individual play with. with beanbags າ car **Ball Handling** Individual play **Ball Handling** Balance on body **Skills** 5. Rebound net Skills with hoops Balance on . Catch No1 - Ball ור Bounce No20 parts parts Chase **Ball Handling** der Bounce **Skills** Individual play Individual play 6. Handball **Parachute** Catch No17 - Roll with hoops with hoops football through Ball Hanև and Stop target games -**Ball Handling** Skills Mushroom **Ball Handling** Roundabout Kick No<sub>20</sub> - Move **Skills Skills** Shuttle relavs Ball Control -Tunnel ball Cross over Back Cubbyhouse **Beat Ball** Ban. Cat and Mouse Skills Game Game What's the Time Jaws Cats and Mice Game Game Circle tag Mr Wolf? Catching - Island Mexican Wave Shipwreck Wave ball Scarecrow Tag Game Ball Bounce No12 Poison ball Chasey Walk or Run - Rob the Bank Flip