

## Nick Walters Planning Overview

Autumn 1 (Term 1) 2017/2018

	<b>FS1&amp;2</b>
<b>Subject Topic</b>	<b>Multiskills</b>
<b>Week 1</b> <b>WC -</b> <b>11/9/2017</b>	<p><b>To use our bodies to balance using up to three points</b></p> <ul style="list-style-type: none"> <li>• Can I begin to balance confidently holding up to 3 seconds?</li> <li>• Can I travel at different speeds to create a balance?</li> <li>• Can I make a letter with my body?</li> </ul>
<b>Week 2</b> <b>WC -</b> <b>18/9/2017</b>	<p><b>To combine co-ordination drills using upper and lower body</b></p> <ul style="list-style-type: none"> <li>• Can I travel through the ladder confidently using one or two foot?</li> <li>• Can I travel through the ladder by skipping hopping or jumping?</li> <li>• Can I travel through the ladder confidently by increasing speed?</li> </ul>
<b>Week 3</b> <b>WC -</b> <b>25/9/2017</b>	<p><b>To aim accurately using a variety of balls and equipment</b></p> <ul style="list-style-type: none"> <li>• Can I roll the ball to a partner/teammate?</li> <li>• Can I move forward, backward or sideways to get the ball?</li> <li>• Can I begin to time my running to intercept the ball?</li> </ul>
<b>Week 4</b> <b>WC -</b> <b>2/10/2017</b>	<p><b>To travel in different ways showing a clear change between moments</b></p> <ul style="list-style-type: none"> <li>• Can I travel with between the cones?</li> <li>• Can I increase my speed as I change direction?</li> <li>• Can I begin to change speed with instant control?</li> </ul>
<b>Week 5</b> <b>WC -</b> <b>9/10/2017</b>	<p><b>To travel in different directions (side to side, up and down) with control and fluency</b></p> <ul style="list-style-type: none"> <li>• Can I travel in different directions confidently going side to side/up and down?</li> <li>• Can I increase my speed as I travel this way?</li> <li>• Can I begin to apply this confidently as a team</li> </ul>
<b>Week 6</b> <b>WC -</b> <b>16/10/2017</b>	<p><b>To practice ABCs in the form of circuit stations</b></p> <ul style="list-style-type: none"> <li>• Can I throw the beanbag/ball?</li> <li>• Can I travel in-between the cones?</li> <li>• Can I keep my balance?</li> </ul>
<b>Week 7</b> <b>WC -</b> <b>23/10/2017</b>	<b>Multiskills Mini-Competition</b>