

Lesson Objective To be able to roll equipment accurately towards targets using control.

Lesson 1/6

Equipment Needed Beanbags, tennis balls, hoops, cones, buckets.

Success Criteria Children can:

- roll equipment towards targets.
- aim carefully.
- use both hands successfully.
- work safely with others.

EDSTART KNOW

- I can say what a target is.
- I can tell how to roll safely.
- I can say why I look forward.

EDSTART GO

- I can roll a ball.
- I can aim through gates.
- I can stop my ball safely.

EDSTART SHOW

- I can cheer for others.
- I can wait my turn.
- I can play kindly.

Warm Up

ROBOT DELIVERY SERVICE: Children move around the hall pretending to be delivery robots carrying important parcels across the robot city. They gently roll tennis balls to different robot stations marked by cones, collect them carefully, and then travel on to the next station. Encourage children to bend low, watch their ball closely, and move safely around others whilst exploring different speeds, pathways, and directions around the space. Children can pause at each station before setting off on their next delivery. **PROGRESSION:** Add robot charging stations where children must freeze in balancing shapes before continuing their delivery route.

EYFS Link: Physical Development – Rolling, coordination, and control. Communication & Language – Listening and following instructions. Expressive Arts & Design – Imaginative role play.

Main Activity

ALIEN TARGET ROLL: Children roll balls towards alien hoops placed around the hall pretending to feed hungry space creatures on different planets. Encourage children to aim carefully, use controlled rolling actions, and watch where their ball travels whilst staying behind the throwing line. Children can collect their ball after each turn before choosing another alien target to feed. Focus on gentle pushes, accuracy, and control throughout the activity. **PROGRESSION:** Move the alien hoops further away or make them smaller to increase the challenge.

EYFS Link: Physical Development – Accuracy and hand-eye coordination. Understanding the World – Exploring imaginative themes. Mathematics – Distance and direction.

TREASURE CAVE ROLLERS: Children roll beanbags and balls through cone caves pretending to search for hidden pirate treasure deep inside the tunnels. Encourage children to kneel low, push gently, and watch the equipment carefully as it rolls through the cave pathways. Children can collect treasure at the end of the tunnel before returning to roll again. Support children to control both speed and direction whilst rolling through the caves. **PROGRESSION:** Add curved pathways and narrower caves to challenge accuracy and control.

EYFS Link: Physical Development – Coordination and aiming skills. PSED – Confidence and perseverance. Expressive Arts & Design – Storytelling through movement.

MONSTER MOUTHS: Children aim balls into large hoops pretending they are hungry monster mouths waiting to be fed around the hall. Encourage children to explore rolling with different strengths, aim carefully towards the targets, and watch where the ball finishes. Children can choose different monster mouths to feed and count how many successful rolls they make during the activity. **PROGRESSION:** Add point zones for different monsters with higher and lower scores.

EYFS Link: Physical Development – Rolling and control. Mathematics – Counting and scoring. Communication & Language – Following instructions.

CASTLE KNOCKDOWN: Children roll balls towards cone castles attempting to knock them over like giant castle towers during the challenge. Encourage children to focus on controlled rolling, accurate aiming, and watching the effect of their roll as the cones fall. Children can take turns rebuilding the castles before trying again, developing control and patience throughout the activity. **PROGRESSION:** Increase the distance or reduce the size of the castles to make aiming more difficult.

EYFS Link: Physical Development – Accuracy and strength control. PSED – Turn-taking and resilience. Understanding the World – Exploring cause and effect.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large areas first, smaller spaces later.

TASK

Simple rolling before targets.

EQUIPMENT

Large balls before smaller balls.

PEOPLE

Independent work before partners.

Cooldown

QUIET FACTORY: Children sit quietly pretending to power down like sleepy robots at the end of a busy day in the factory. They gently roll balls around their arms, legs, and tummy whilst breathing slowly and carefully in their own space. Encourage children to stretch their bodies softly, relax their muscles, and move slowly with control whilst cooling down after the lesson. Children can gradually become still like powered-down robots and enjoy a calm quiet moment before finishing. **PROGRESSION:** Add slow robot arm stretches by reaching arms up, out wide, and slowly back down.

EYFS Link: Physical Development – Relaxation and body awareness. PSED – Emotional regulation and calm focus. Communication & Language – Reflection.

Lesson Objective To be able to throw equipment underarm towards targets.

Lesson 2/6

Equipment Needed Beanbags, buckets, hoops, cones.

Success Criteria Children can:

- throw underarm safely.
- aim towards targets.
- throw using one hand.
- work cooperatively.

EDSTART KNOW

- I can say underarm throw.
- I can tell how to stand.
- I can say why I aim.

EDSTART GO

- I can throw underarm.
- I can hit targets.
- I can collect equipment safely.

EDSTART SHOW

- I can clap for friends.
- I can share equipment.
- I can try my best.

Warm Up

FARMYARD THROWERS: Children move around the hall carrying pretend animal food ready to feed the hungry farm animals at different feeding stations. They underarm throw beanbags into hoops pretending to feed pigs, cows, chickens, and other animals whilst travelling safely between each station. Encourage children to use gentle throws, look carefully at the target, and aim with control throughout the activity. Children can collect more food and continue feeding different animals around the farm. **PROGRESSION:** Add movement challenges before feeding the animals such as hopping, balancing, or tiptoeing between stations.

EYFS Link: Physical Development – Throwing and coordination. Understanding the World – Exploring farm themes. Communication & Language – Listening and responding.

Main Activity

FEED THE DRAGONS: Children underarm throw beanbags into coloured buckets pretending to feed hungry dragons waiting around the castle. Encourage children to look carefully at the target, swing their throwing arm gently forwards, and release the beanbag with control towards the dragon's food bucket. Children can choose different dragons to feed and count how many successful throws they make during the activity. **PROGRESSION:** Move further away from the dragons to increase the throwing challenge.

EYFS Link: Physical Development – Throwing accuracy and coordination. Expressive Arts & Design – Imaginative play. Mathematics – Counting successful throws.

ROCKET LAUNCHERS: Children throw beanbags into space hoops pretending to launch rockets high into space towards the moon and planets. Encourage children to bend their knees, swing their arm smoothly underarm, and aim carefully towards the target hoop. Children can watch their rocket fly through space before collecting it and launching again from the station. **PROGRESSION:** Add moving astronauts to avoid whilst launching rockets towards the targets.

EYFS Link: Physical Development – Strength and control. Understanding the World – Exploring space themes. PSED – Confidence and perseverance.

PIRATE CANNONS: Children use underarm throws to knock over cone pirate ships placed across the hall like floating ships on the sea. Encourage children to take turns, aim carefully, and use controlled throwing movements to hit the targets. Children can help rebuild the pirate ships before the next player takes their turn, promoting teamwork and patience throughout the activity. **PROGRESSION:** Add smaller ships or longer throwing distances to increase difficulty.

EYFS Link: Physical Development – Aiming and coordination. Mathematics – Counting knocked targets. PSED – Cooperation and sportsmanship.

TREASURE TOSS: Children throw beanbags into hoops worth different treasure points placed around the hall during the pirate challenge. Encourage children to choose targets carefully, throw with control, and celebrate each other's successes throughout the game. Children can collect treasure points by aiming for different hoops and count how many points they score by the end of the activity. **PROGRESSION:** Add obstacle pathways before throwing so children travel before completing their treasure toss.

EYFS Link: Physical Development – Throwing and balance. Mathematics – Comparing scores and counting. Communication & Language – Understanding instructions.

Adapted Learning (Differentiation) (Challenge)

SPACE

Short distances first.

TASK

Large targets before smaller ones.

EQUIPMENT

Beanbags before balls.

PEOPLE

Independent work before teams.

Cooldown

SLEEPY DRAGONS: Children curl into tiny dragon shapes on the floor whilst breathing deeply and resting quietly after their dragon adventures. Encourage children to tuck themselves into small curled shapes like sleeping dragons in a cave before slowly stretching arms and legs out long like waking dragon wings. Children can take calm deep breaths, move gently, and relax their bodies whilst cooling down quietly in their own space. **PROGRESSION:** Add wing stretches by reaching arms wide, high, and slowly back down like dragon wings opening.

EYFS Link: Physical Development – Stretching and flexibility. PSED – Self-regulation and calm reflection. Expressive Arts & Design – Creative movement.

Lesson Objective To be able to bounce and catch equipment using two hands.

Lesson 3/6

Equipment Needed Large balls, beach balls, tennis balls, hoops.

Success Criteria Children can:

- bounce and catch equipment.
- watch the ball carefully.
- use two hands to catch.
- work safely in groups.

EDSTART KNOW

- I can say what a bounce is.
- I can tell how to catch safely.
- I can say why I watch the ball.

EDSTART GO

- I can bounce and catch.
- I can clap before catching.
- I can catch with two hands.

EDSTART SHOW

- I can encourage others.
- I can wait my turn.
- I can keep trying.

Warm Up

BOUNCY POPCORN: Children pretend to be pieces of popcorn bouncing around the hall as the music plays. They gently bounce large balls to the floor and try to catch them before they pop away into space. Encourage children to keep their eyes on the ball, use soft hands when catching, and move safely around the space whilst controlling their bounce. Children can explore high and low bounces whilst travelling carefully around others. **PROGRESSION:** Add clap challenges before catching such as one clap or two claps whilst the ball is in the air.

EYFS Link: Physical Development – Coordination and reaction speed. Expressive Arts & Design – Creative movement. Communication & Language – Listening and responding.

Main Activity

JUNGLE BOUNCE: Children bounce balls around jungle pathways marked with cones and hoops pretending to keep coconuts safe from cheeky monkeys in the trees. Encourage children to use controlled bounces, soft catches with two hands, and careful movements whilst travelling through the jungle pathways. Children can weave around obstacles, change direction, and keep their coconut close as they move around the jungle. **PROGRESSION:** Add bouncing whilst moving around obstacles or through narrow jungle pathways.

EYFS Link: Physical Development – Bounce control and coordination. Understanding the World – Exploring jungle themes. PSED – Perseverance and confidence.

CLOUD CATCHERS: Children throw beach balls into the air pretending they are clouds floating high in the sky before catching them safely again. Encourage children to watch the ball carefully, move underneath it, stretch arms up high, and catch using soft hands. Children can explore gentle throws at different heights whilst staying balanced and moving safely around the space. **PROGRESSION:** Add claps or turns before catching the floating cloud ball.

EYFS Link: Physical Development – Tracking and catching. Understanding the World – Exploring weather themes. Communication & Language – Following instructions.

BOUNCE STATIONS: Children rotate around bounce stations using different sized balls and challenges such as bounce and freeze, bounce through hoops, bounce and catch, or bounce to a target. Encourage children to explore the different equipment confidently, practise control, and move safely between each station around the hall. Support children to try new bouncing and catching skills at each activity. **PROGRESSION:** Add one-handed catches or bounce challenges using different sized balls.

EYFS Link: Physical Development – Hand-eye coordination and control. Mathematics – Counting successful catches. PSED – Independence and resilience.

BEACH BALL VOLLEY: Children work together to keep beach balls bouncing in the air using gentle taps, pushes, and catches with their hands. Encourage teamwork, communication, and watching the ball carefully whilst moving safely around the area. Children can work in pairs or small groups to keep the beach ball off the floor for as long as possible. **PROGRESSION:** Add two beach balls to increase the challenge and teamwork needed.

EYFS Link: Physical Development – Reaction and coordination. PSED – Teamwork and cooperation. Communication & Language – Working together.

Adapted Learning (Differentiation) (Challenge)

SPACE

Wide spaces before groups.

TASK

Large balls before small balls.

EQUIPMENT

Beach balls, tennis balls.

PEOPLE

Independent work before groups.

Cooldown

FLOATING BUBBLES: Children pretend to float like bubbles drifting gently around the hall before slowly settling down to the floor for the cooldown. Encourage children to move lightly on their feet, stretch their arms wide like floating bubbles, and travel calmly through the space without touching others. Children then sit quietly for slow breathing and gentle stretches, relaxing their bodies after the activity. **PROGRESSION:** Add bubble balancing poses where children freeze in small, tall, or round bubble shapes before slowly floating again.

EYFS Link: Physical Development – Relaxation and flexibility. PSED – Calm focus and emotional regulation. Expressive Arts & Design – Imaginative movement.

Lesson Objective To be able to throw equipment overarm towards a target.

Lesson 4/6

Equipment Needed Soft balls, cones, buckets, hoops.

Success Criteria Children can:

- throw overarm safely.
- aim at targets.
- use one hand successfully.
- follow game rules.

EDSTART KNOW

- I can say overarm throw.
- I can tell how to stand.
- I can say what aiming means.

EDSTART GO

- I can throw overarm.
- I can hit targets.
- I can throw with control.

EDSTART SHOW

- I can cheer for my team.
- I can wait patiently.
- I can play fairly.

Warm Up

SUPERHERO MISSIONS: Children travel around the hall pretending to be superheroes delivering power balls to different city stations across the superhero city. They throw soft balls overarm into hoops whilst moving safely around buildings marked out by cones and pathways. Encourage children to use controlled arm actions, step forwards when throwing, and aim carefully at each target whilst travelling safely through the city. Children can collect another power ball before setting off on their next mission. **PROGRESSION:** Add villain dodge zones where children must avoid obstacles before reaching their throwing station.

EYFS Link: Physical Development – Throwing and coordination. Expressive Arts & Design – Superhero role play. Communication & Language – Listening to instructions.

Main Activity

METEOR STRIKE: Children throw soft balls overarm to knock over cone meteors placed around the hall like rocks falling from space. Encourage children to stand side on, step forwards, and follow through with their throwing arm whilst aiming carefully towards each meteor target. Children can collect their meteor balls and repeat from different distances around the space. **PROGRESSION:** Increase throwing distance or add smaller meteor targets to knock over.

EYFS Link: Physical Development – Overarm throwing and control. Understanding the World – Exploring space themes. Mathematics – Counting knocked targets.

CIRCUS TARGETS: Children become circus performers throwing balls into hoops and buckets placed around the circus arena. Encourage children to throw smoothly using an overarm action, aim carefully towards the target, and celebrate successful circus tricks together. Children can move between stations trying different distances and heights whilst performing their best circus throws. **PROGRESSION:** Add moving circus targets for children to aim at during the performance.

EYFS Link: Physical Development – Accuracy and aiming. Expressive Arts & Design – Performing creatively. PSED – Confidence and perseverance.

CASTLE DEFENDERS: Children protect their castle cones by throwing balls towards approaching foam dragons or targets around the hall. Encourage children to work together, throw safely towards the targets, and react quickly to defend their castle from attack. Children can collect more balls and continue defending the castle whilst communicating with teammates throughout the game. **PROGRESSION:** Add team scoring for dragons knocked away from the castle.

EYFS Link: Physical Development – Coordination and reaction. PSED – Cooperation and teamwork. Communication & Language – Understanding rules.

TARGET TRAIL: Children move around the hall stopping at different throwing stations with unique challenges and targets set at different heights and distances. Encourage children to explore throwing overarm with control, aim carefully at each station, and move safely between challenges around the hall. Children can try a variety of targets whilst building confidence with throwing and accuracy. **PROGRESSION:** Add obstacle movements before each throw such as jumping, crawling, or balancing.

EYFS Link: Physical Development – Throwing strength and control. Mathematics – Distance awareness. PSED – Independence and resilience.

Adapted Learning (Differentiation) (Challenge)

SPACE

Closer targets first.

TASK

Large targets before small targets.

EQUIPMENT

Soft balls before tennis balls.

PEOPLE

Pairs before teams.

Cooldown

HERO HIDEOUT: Children sit quietly in hoops pretending to rest in secret superhero hideouts after completing their missions around the city. Encourage children to take slow deep breaths, stretch their arms up high like reaching superhero poses, and gently relax their bodies after all of the throwing activities. Children can sit calmly in their own hoop, become still like resting superheroes, and think about their favourite game from the lesson whilst cooling down together. **PROGRESSION:** Add superhero freeze poses where children hold strong shapes before slowly relaxing back into their hideout.

EYFS Link: Physical Development – Relaxation and stretching. PSED – Reflection and calm focus. Communication & Language – Sharing favourite games.

Lesson Objective To be able to catch small equipment using two hands.

Lesson 5/6

Equipment Needed Beanbags, tennis balls, balloons, buckets.

Success Criteria Children can:

- watch equipment carefully.
- catch using two hands.
- throw accurately to partners.
- work safely with others.

EDSTART KNOW

- I can say how to catch.
- I can tell why I watch the ball.
- I can say what teamwork means.

EDSTART GO

- I can catch equipment.
- I can throw to a partner.
- I can move towards the ball.

EDSTART SHOW

- I can encourage others.
- I can share fairly.
- I can keep practicing.

Warm Up

BALLOON EXPLORERS: Children move around the hall keeping balloons floating in the air pretending they are explorers protecting floating treasure bubbles on a big adventure. Encourage children to use gentle taps with their hands, watch the balloon carefully as it moves, and catch it with control before it touches the floor. Children travel safely around the space, changing direction and speed whilst keeping their treasure bubble floating. **PROGRESSION:** Add partner balloon challenges where children work together to keep one balloon in the air.

EYFS Link: Physical Development – Coordination and tracking skills. Expressive Arts & Design – Creative movement. PSED – Confidence and resilience.

Main Activity

SNOWBALL CATCHERS: Children throw and catch white beanbags pretending to catch snowballs falling from the sky during a snowy storm. Encourage children to watch carefully, move their hands towards the falling snowball, and catch safely using two hands. Children can throw their snowball high or low before catching and trying again. **PROGRESSION:** Increase throwing height to make the catch more challenging.

EYFS Link: Physical Development – Catching and coordination. Understanding the World – Exploring weather themes. Communication & Language – Listening and responding.

TREASURE KEEPERS: Children work in pairs throwing treasure beanbags to each other whilst protecting them from pirate stealers nearby. Encourage children to throw accurately towards their partner, use soft hands to catch safely, and communicate whilst working together. Children can count how many successful catches they complete before the treasure is dropped. **PROGRESSION:** Add movement before catching such as stepping, turning, or balancing.

EYFS Link: Physical Development – Throwing and catching control. PSED – Teamwork and cooperation. Mathematics – Counting successful catches.

MONKEY CATCH: Children pretend to be monkeys catching falling coconuts thrown gently into the air around the jungle. Encourage children to move underneath the equipment, keep their eyes on the coconut, and catch safely using soft hands. Children can explore throwing at different heights and moving quickly to collect their coconuts before trying again. **PROGRESSION:** Add clap challenges before catching the falling coconut.

EYFS Link: Physical Development – Tracking and catching. Expressive Arts & Design – Role play and movement. Communication & Language – Following instructions.

BUCKET COLLECTORS: Children catch beanbags before placing them into colour-matching buckets around the hall. Encourage children to move quickly but safely, collect the beanbags with control, and sort them into the correct coloured bucket. Children can travel between different collection points and buckets whilst keeping their focus on accuracy and control. **PROGRESSION:** Add timed collection games to see how many beanbags can be sorted before time runs out.

EYFS Link: Physical Development – Agility and coordination. Mathematics – Sorting and colour recognition. PSED – Perseverance and confidence.

Adapted Learning (Differentiation) (Challenge)

SPACE

Short throws first.

TASK

Balloons before small balls.

EQUIPMENT

Beanbags, balloons, tennis balls.

PEOPLE

Pairs before groups.

Cooldown

SNOWY STRETCHES: Children pretend to stretch quietly in falling snow whilst breathing deeply and moving slowly around the hall after their activities. Encourage children to reach arms high like snowflakes floating in the sky, bend down low to touch the snowy ground, and move gently with calm controlled stretches. Children can take slow deep breaths, relax their bodies, and enjoy the peaceful snowy movements whilst cooling down quietly together. **PROGRESSION:** Add balancing snowflake shapes where children freeze in tall, wide, or curled snowy poses.

EYFS Link: Physical Development – Relaxation and flexibility. PSED – Calm reflection and self-regulation. Expressive Arts & Design – Gentle movement.

Lesson Objective To be able to use different object control skills during games and challenges.

Lesson 6/6

Equipment Needed Balls, beanbags, hoops, cones, buckets.

Success Criteria Children can:

- roll, throw, and catch equipment.
- move safely around others.
- complete small games.
- work cooperatively.

EDSTART KNOW

- I can say different ball skills.
- I can tell how to stay safe.
- I can say why teamwork matters.

EDSTART GO

- I can throw and catch.
- I can roll and aim.
- I can move with control.

EDSTART SHOW

- I can help my team.
- I can cheer for friends.
- I can play fairly.

Warm Up

TOY SHOP TROUBLE: Children move around the hall pretending runaway toys are escaping from the toy shop in every direction. They collect balls, beanbags, and hoops before returning them safely to the toy boxes placed around the room. Encourage children to travel safely, change direction carefully, and use different object control skills such as carrying, rolling, throwing, or balancing whilst tidying the toy shop. Children can move at different speeds as they rescue the toys and return them to the correct place. **PROGRESSION:** Add toy thief catchers who try to steal the toys back before they reach the boxes.

EYFS Link: Physical Development – Coordination and movement control. Expressive Arts & Design – Imaginative play. Communication & Language – Listening to instructions.

Main Activity

SPORTS STATIONS: Children rotate around stations involving rolling, catching, aiming, throwing, and balancing activities set up around the hall. Encourage children to practise each skill carefully, take turns, and work safely with others as they move between stations. Children can explore different equipment and repeat each activity to build confidence whilst developing control and coordination across a range of movements. **PROGRESSION:** Add timed station challenges to see how many successful attempts children can complete.

EYFS Link: Physical Development – Object control and coordination. PSED – Independence and perseverance. Mathematics – Counting successful attempts.

ROCKET RESCUE: Children throw and roll equipment to rescue stranded astronauts from around the hall and return them safely to the rocket station. Encourage children to choose the correct skill for each rescue, aim carefully towards the rescue zone, and control the speed and direction of the equipment. Children can travel between rescue stations and complete different space missions around the hall. **PROGRESSION:** Add moving targets to make the astronaut rescue more challenging.

EYFS Link: Physical Development – Throwing and aiming. Understanding the World – Exploring imaginative themes. Communication & Language – Decision making.

TARGET ISLANDS : Children travel between hoop islands completing throwing and catching tasks at each station before moving on to the next island. Encourage children to move carefully between islands, work cooperatively with others, and celebrate successful throws and catches together. Children can try different challenges on each island whilst exploring movement, balance, and object control skills. **PROGRESSION:** Add partner challenges where children work together to complete each island task.

EYFS Link: Physical Development – Coordination and balance. PSED – Teamwork and encouragement. Mathematics – Counting and comparing.

MONSTER CLEAN UP: Children race to throw or roll equipment back into monster buckets before the timer runs out. Encourage children to think quickly, move safely around the hall, and aim accurately as they feed the hungry monsters. Children can collect equipment from around the space and decide which monster bucket it belongs in whilst working against the clock. **PROGRESSION:** Add colour-matching rules so equipment must go into the correct monster bucket.

EYFS Link: Physical Development – Speed and control. Mathematics – Sorting and counting. Communication & Language – Understanding instructions.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large activity areas first.

TASK

Single skills before combined games.

EQUIPMENT

Large equipment before smaller equipment.

PEOPLE

Independent work before teams.

Cooldown

MAGIC STARS: Children lie quietly on the floor pretending to float like magic stars in the night sky whilst breathing slowly and stretching their arms and legs gently into long star shapes. Encourage children to relax their bodies, reach wide like shining stars, and take calm deep breaths whilst resting quietly in their own space. Children can become still and peaceful, looking up at the imaginary sky whilst thinking about their favourite activity from the unit and enjoying a calm finish to the lesson. **PROGRESSION:** Add calm floating movements by slowly swaying arms and legs before returning to a still star shape.

EYFS Link: Physical Development – Relaxation and stretching. PSED – Emotional regulation and reflection. Communication & Language – Sharing experiences.