

Lesson Objective To be able to roll and stop equipment using control during simple games.

Lesson 1/6

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

Success Criteria Children can:

- roll equipment with control.
- stop equipment safely.
- aim towards targets.
- work safely with others.

EDSTART KNOW

- I can say what rolling means.
- I can tell how to stop a ball.
- I can say why I look ahead.

EDSTART GO

- I can roll a ball.
- I can stop a moving ball.
- I can aim at a target.

EDSTART SHOW

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

Warm Up

ROBOT FACTORY ROLL: Children move around the hall pretending to deliver robot power balls to charging stations across the busy robot factory. They gently roll tennis balls through cone gates before collecting them and travelling safely to the next station around the space. Encourage children to bend low, watch their ball carefully, and move safely around others whilst changing direction, speed, and pathways. Children can pause at each charging station before beginning their next delivery around the factory. **PROGRESSION:** Add robot freeze commands where children stop and balance like robot statues before continuing.

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

Main Activity

MONSTER FOOD ROLL: Children roll balls into hoops pretending to feed hungry monsters waiting around the hall for their dinner. Encourage children to aim carefully, use controlled rolling actions, and watch where their ball travels whilst staying behind the throwing line. Children can choose different monster hoops to feed and count how many successful rolls they complete during the activity. **PROGRESSION:** Move the monster hoops further away or make them smaller to increase difficulty.

EYFS Link: Physical Development – Accuracy and coordination. Mathematics – Counting successful rolls. PSED – Confidence and perseverance.

TREASURE CAVE: Children roll beanbags through cone caves pretending to rescue hidden treasure from deep inside the tunnels. Encourage children to watch the equipment carefully, kneel low, and use gentle pushes to keep the beanbag rolling through the cave with control. Children can collect the treasure at the end before returning to try again through another tunnel or pathway. **PROGRESSION:** Add winding cave pathways and smaller entrances to challenge control and accuracy.

EYFS Link: Physical Development – Control and aiming. Understanding the World – Exploring imaginative environments. Communication & Language – Following instructions.

CASTLE CLEAN UP: Children work in teams rolling equipment back into castle buckets before the timer ends. Encourage teamwork, careful aiming, and safe movement as children collect equipment from around the hall and return it to the correct bucket. Children can work together to tidy the castle quickly whilst rolling with control and communicating with teammates throughout the game. **PROGRESSION:** Add colour-matching rules so equipment must be rolled into matching castle buckets.

EYFS Link: Physical Development – Rolling and coordination. Mathematics – Sorting and counting. PSED – Teamwork and cooperation.

SPACE DELIVERY: Children roll “moon rocks” to different planets marked by hoops around the hall during a space delivery mission. Encourage children to change direction carefully, control the speed of the ball, and stop their moon rock before it escapes into space. Children can travel between planets delivering moon rocks to each hoop before collecting them and moving on to the next planet. **PROGRESSION:** Add space obstacles to travel around whilst delivering to each planet.

EYFS Link: Physical Development – Movement control and coordination. Understanding the World – Exploring space themes. Expressive Arts & Design – Storytelling through movement.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large rolling areas first.

TASK

Simple rolling before aiming.

EQUIPMENT

Large balls before smaller balls.

PEOPLE

Independent work before pairs.

Lesson Objective To be able to throw underarm towards a target during simple games.

Lesson 2/6

Equipment Needed Beanbags, buckets, hoops, cones.

Success Criteria Children can:

- throw underarm safely.
- aim towards a target.
- collect equipment safely.
- play simple games.

EDSTART KNOW

- I can say underarm throw.
- I can tell what a target is.
- I can say why I aim carefully.

EDSTART GO

- I can throw underarm.
- I can hit a target.
- I can collect beanbags safely.

EDSTART SHOW

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

Warm Up

FARMYARD FEEDING: Children travel around the hall pretending to feed hungry farm animals using beanbags as animal food. They throw gently into hoops and buckets marked as animal pens whilst moving safely around others in the farmyard. Encourage children to use one hand, swing their arm forwards, and look carefully at their target before releasing the beanbag. Children can visit different animal pens around the hall to feed each animal. **PROGRESSION:** Add movement challenges before feeding the animals such as hopping, tiptoeing, or balancing between pens.

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

Main Activity

FEED THE DRAGONS: Children throw beanbags into coloured buckets pretending to feed hungry dragons waiting inside the castle. Encourage children to swing their arm gently forwards, aim carefully into the dragon mouths, and watch where the beanbag lands. Children can choose different dragons to feed and count how many successful throws they make before collecting more food and trying again. **PROGRESSION:** Increase the distance from the targets to make aiming more challenging.

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

PIRATE SHIP STRIKE: Children use underarm throws to knock over cone pirate ships placed across the hall like boats floating on the sea. Encourage children to take turns, throw safely from behind the line, and aim carefully to hit the ships. Children can help rebuild the pirate ships after each round before taking another turn to attack the targets. **PROGRESSION:** Use smaller ships or longer distances to increase the challenge.

EYFS Link: Physical Development – Aiming and coordination. PSED – Patience and turn-taking. Communication & Language – Understanding instructions.

TREASURE TOSS: Children throw beanbags into hoops worth different treasure points placed around the room during the pirate challenge. Encourage children to celebrate successful throws, aim carefully towards different hoops, and support teammates throughout the game. Children can choose which treasure hoop to aim for and count how many points they collect by the end of the activity. **PROGRESSION:** Add obstacle pathways before throwing so children travel before completing their toss.

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

ALIEN ATTACK: Children throw soft equipment at cone aliens around the hall pretending to protect their spaceship from an alien invasion. Encourage children to use controlled underarm throws, aim carefully towards the alien targets, and collect the equipment safely after each turn. Children can move between throwing stations around the hall as they help defend the spaceship from the aliens. **PROGRESSION:** Add moving aliens pushed slowly by the coach to challenge timing and accuracy.

EYFS Link: Physical Development – Hand-eye coordination and accuracy. Understanding the World – Exploring imaginative themes. Communication & Language – Listening and responding.

Adapted Learning (Differentiation) (Challenge)

SPACE

Close targets first.

TASK

Large targets before small targets.

EQUIPMENT

Beanbags before balls.

PEOPLE

Independent work before teams.

Cooldown

DRAGON BREATHS: Children curl into tiny dragon shapes on the floor before slowly stretching their wings wide like dragons waking up from a long sleep. Encourage children to take slow deep breaths in through their nose and out through their mouth like gentle dragon breaths. Children can stretch their arms wide like wings, reach tall, and then slowly curl back into a resting dragon shape whilst relaxing their bodies after the games. **PROGRESSION:** Add balancing dragon poses by holding strong wing shapes before slowly returning to rest.

EYFS Link: Physical Development – Stretching and flexibility. PSED – Emotional regulation and calm focus. Expressive Arts & Design – Creative movement.

Lesson Objective To be able to kick a ball with control during games and challenges.

Lesson 3/6

Equipment Needed Footballs, cones, hoops, markers.

Success Criteria Children can:

- kick a ball safely.
- stop a moving ball.
- aim with their feet.
- move around safely.

EDSTART KNOW

- I can say what kicking means.
- I can tell how to stand safely.
- I can say why I look at my target.

EDSTART GO

- I can kick a ball.
- I can stop a ball.
- I can dribble carefully.

EDSTART SHOW

- I can play fairly.
- I can clap for friends.
- I can wait behind the line.

Warm Up

MAGIC FOOTBALLS: Children explore moving footballs around the hall pretending they are magical pets that must not escape. Encourage children to use gentle kicks, stop the ball with their feet, and travel safely around others whilst keeping their magical pet close. The coach calls commands such as freeze, fast feet, turn, or change direction to encourage listening and quick reactions. Children can move at different speeds and explore different pathways around the space whilst staying in control of their football. **PROGRESSION:** Add colour cone dribbling challenges where children must dribble to a called colour before stopping the ball.

EYFS Link: Physical Development – Coordination and balance. Communication & Language – Listening and responding. Expressive Arts & Design – Imaginative play.

Main Activity

SINK THE SPACESHIPS: Children kick footballs towards cone spaceships attempting to knock them over during the space mission challenge. Encourage children to use gentle controlled kicks, keep their eyes on the ball, and aim carefully at the target. Children can collect their football after each kick and try again from different distances around the hall. **PROGRESSION:** Increase distances or reduce spaceship sizes to make the challenge more difficult.

EYFS Link: Physical Development – Kicking and aiming. Mathematics – Counting knocked targets. PSED – Confidence and perseverance.

DRAGON FOOTBALL: Children dribble footballs around the hall pretending to escape from dragons guarding hidden treasure. Encourage children to keep the ball close to their feet, look for open spaces, and move safely whilst changing direction around the hall. Children can weave around cones and avoid the dragons whilst protecting their football treasure. **PROGRESSION:** Add dragon defenders who try to block the dribbling pathways.

EYFS Link: Physical Development – Dribbling and movement control. PSED – Awareness of others and resilience. Communication & Language – Following instructions.

PIRATE GOALS: Children work in pairs attempting to kick footballs through pirate gates marked by cones around the hall. Encourage children to stand beside the ball, use the inside of their foot when kicking, and aim carefully through the gate towards their partner. Children can take turns kicking and collecting the ball whilst working together to score through different pirate gates. **PROGRESSION:** Narrow the gates to increase the accuracy challenge.

EYFS Link: Physical Development – Coordination and kicking control. Mathematics – Spatial awareness. PSED – Turn-taking and teamwork.

MONSTER FOOT RACE: Children race around cone pathways whilst dribbling footballs with their feet pretending to escape hungry monsters chasing them around the hall. Encourage children to use controlled touches, keep the ball close, and travel safely around others whilst moving through the course. Children can change speed, direction, and pathways whilst protecting their football from the monsters. **PROGRESSION:** Add obstacle cones or tunnels to travel through whilst dribbling.

EYFS Link: Physical Development – Agility and coordination. Expressive Arts & Design – Imaginative movement. Communication & Language – Listening carefully.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large dribbling areas first.

TASK

Still ball before moving ball.

EQUIPMENT

Large footballs before smaller balls.

PEOPLE

Pairs before small teams.

Lesson Objective To be able to throw and kick towards targets during games.

Lesson 4/6

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

Success Criteria Children can:

- choose how to move equipment.
- aim towards targets.
- throw and kick safely.
- work cooperatively.

EDSTART KNOW

- I can say what a target is.
- I can tell how to aim.
- I can say why games have rules.

EDSTART GO

- I can throw or kick.
- I can hit a target.
- I can play simple games.

EDSTART SHOW

- I can encourage others.
- I can play kindly.
- I can wait my turn.

Warm Up

CROSS THE SWAMP: Children pretend the floor is a giant muddy swamp and they must travel carefully across stepping stones and hoops without falling in. Encourage children to balance carefully, jump between spaces, and work together to cross safely from one side to the other. Children can step, hop, leap, and balance across different pathways whilst staying aware of others around them. **PROGRESSION:** Add group crossing challenges using fewer stepping stones so children must plan together.

EYFS Link: Physical Development – Balance and agility. PSED – Teamwork and cooperation. Communication & Language – Listening and planning.

Main Activity

HOLE IN ONE: Children aim to roll, throw, or kick equipment into hoops and buckets pretending they are mini golf holes around the hall. Encourage children to choose the correct action depending on the distance, target size, and equipment they are using. Children can explore different ways to score by aiming carefully and adjusting their power and direction each time. **PROGRESSION:** Move targets further away to challenge control and accuracy.

EYFS Link: Physical Development – Accuracy and coordination. Mathematics – Counting attempts and scores. PSED – Perseverance and patience.

CASTLE DEFENDERS: Children protect their cone castles by throwing or kicking balls towards moving targets around the hall. Encourage teamwork, safe movement, and careful aiming as children work together to defend their castle from attack. Children can collect equipment, return to their castle, and keep defending whilst communicating with teammates throughout the game. **PROGRESSION:** Add more castles or defenders to make the challenge busier and more tactical.

EYFS Link: Physical Development – Throwing and kicking control. Communication & Language – Understanding rules. PSED – Cooperation and teamwork.

TREASURE ISLAND: Children travel between hoop islands completing throwing and kicking challenges at each station before moving onwards to the next island. Encourage safe travelling, careful aiming, and controlled movement throughout the activity as children complete each challenge in order. Children can jump between islands, score points, and explore different movement skills along the treasure trail. **PROGRESSION:** Add timed challenges to complete each island before moving on.

EYFS Link: Physical Development – Gross motor coordination. Understanding the World – Exploring imaginative themes. Mathematics – Sequencing activities.

TARGET TRAIL: Children move around different stations aiming at hoops, cones, and buckets using a variety of equipment. Encourage children to explore different strengths, distances, and actions as they complete each challenge around the hall. Children can roll, throw, or kick towards targets and practise controlling the direction and power of their movements at each station. **PROGRESSION:** Add obstacle movements before each throw or kick such as jumping, crawling, or balancing.

EYFS Link: Physical Development – Control and accuracy. PSED – Confidence and resilience. Communication & Language – Following instructions.

Adapted Learning (Differentiation) (Challenge)

SPACE

Short distances before long distances.

TASK

One target before multiple targets.

EQUIPMENT

Beanbags before footballs.

PEOPLE

Independent work before groups.

Lesson Objective To be able to throw, catch, and stop equipment during games.

Lesson 5/6

Equipment Needed Beanbags, balls, balloons, hoops.

Success Criteria Children can:

- catch using two hands.
- stop moving equipment.
- throw accurately.
- play safely in games.

EDSTART KNOW

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

EDSTART GO

- I can catch a ball.
- I can throw to a partner.
- I can stop a moving ball.

EDSTART SHOW

- I can cheer for others.
- I can share equipment.
- 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 special adventure. Encourage children to use gentle taps to keep the balloon up, move safely around others, and catch carefully before it touches the floor. Children can travel in different directions, change speed, and keep their treasure bubble floating as they explore the space together. **PROGRESSION:** Add partner balloon challenges where children work together to keep one balloon in the air.

EYFS Link: Physical Development – Tracking and coordination. Expressive Arts & Design – Creative movement. PSED – Confidence and resilience.

Main Activity

SNOWBALL CATCHERS: Children throw and catch white beanbags pretending to catch falling snowballs during a snowy storm around the hall. Encourage children to move their hands towards the beanbag, watch it carefully through the air, and catch safely using two hands. Children can explore throwing their snowball high or low before catching and trying again. **PROGRESSION:** Add clap challenges before catching the falling snowball.

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

MONKEY COCONUTS: Children pretend to be monkeys catching coconuts thrown gently into the air in the jungle. Encourage children to use soft hands, keep their eyes on the falling equipment, and move underneath it before catching safely. Children can throw their coconuts at different heights and collect them before trying again around the jungle space. **PROGRESSION:** Increase throwing height to challenge tracking and catching skills.

EYFS Link: Physical Development – Tracking and movement control. Expressive Arts & Design – Animal role play. PSED – Confidence and perseverance.

BUCKET RESCUE: Children catch beanbags before placing them into matching coloured buckets around the hall during the rescue challenge. Encourage children to react quickly, move safely between buckets, and sort the beanbags into the correct colour with control. Children can travel between collection points and buckets whilst focusing on catching, carrying, and sorting accurately. **PROGRESSION:** Add timed collection challenges to see how many can be rescued before time runs out.

EYFS Link: Physical Development – Agility and coordination. Mathematics – Sorting and colour recognition. PSED – Teamwork and encouragement.

TREASURE KEEPERS: Children work in pairs throwing treasure beanbags to each other whilst avoiding pirate stealers moving around the hall. Encourage accurate throws, safe catches using two hands, and communication with their partner during the game. Children can count how many successful catches they make together whilst protecting their treasure from being stolen. **PROGRESSION:** Add movement before catching such as stepping, turning, or balancing.

EYFS Link: Physical Development – Throwing and catching control. Communication & Language – Understanding instructions. PSED – Cooperation and teamwork

Adapted Learning (Differentiation) (Challenge)

SPACE

Short throws first.

TASK

Large equipment before small equipment.

EQUIPMENT

Balloons before tennis balls.

PEOPLE

Pairs before groups.

Cooldown

SNOWY REST: Children sit quietly pretending snow is falling softly around them whilst stretching slowly and breathing deeply after the lesson. Encourage children to reach their arms up high like falling snowflakes, stretch gently down low, and move calmly in their own space. Children can take slow deep breaths, relax their bodies, and imagine the quiet snow landing softly all around them whilst cooling down together. **PROGRESSION:** Add snowflake balancing poses where children freeze in tall, wide, or curled snowy shapes.

EYFS Link: Physical Development – Relaxation and stretching. PSED – Emotional regulation and calm focus. Expressive Arts & Design – Creative movement.

Lesson Objective To be able to use different skills during small games.

Lesson 6/6

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

Success Criteria Children can:

- use different ball skills.
- follow simple game rules.
- move safely around others.
- work as part of a team.

EDSTART KNOW

- I can say game rules.
- I can tell why teamwork matters.
- I can say different ball skills.

EDSTART GO

- I can roll, throw, and kick.
- I can aim carefully.
- I can play small games.

EDSTART SHOW

- I can celebrate others.
- I can work kindly.
- I can clap for my team.

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 toy boxes around the room. Encourage children to travel safely, change direction carefully, and use different object control skills such as carrying, rolling, throwing, or kicking whilst tidying the toy shop. Children can move at different speeds as they rescue toys and return them to the correct place around the hall. **PROGRESSION:** Add toy thief catchers who try to steal the toys before they reach the boxes.

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

Main Activity

SPORTS STATIONS ADVENTURE: Children rotate around a series of object control stations set up around the hall. Encourage children to explore each station confidently, practise each skill carefully, and celebrate successes together as they move around the space. Children work in small groups spending 2–3 minutes at each activity before rotating.

Station 1 – Roll Through the Tunnel: Children roll balls through cone gates or tunnels trying to keep the ball travelling straight. Encourage bending low, gentle pushes, and watching the ball carefully.

Station 2 – Treasure Toss: Children throw beanbags into hoops or buckets placed at different distances. Encourage children to aim carefully and use underarm throws with control.

Station 3 – Kick the Goal: Children kick footballs through cone gates or into mini goals. Encourage children to stand beside the ball and use gentle controlled kicks.

Station 4 – Catch and Clap: Children throw scarves, balloons, or beanbags into the air before catching them safely. Encourage eyes on the object and soft hands.

Station 5 – Monster Knockdown: Children aim balls at cone towers pretending to knock over monster castles. Encourage controlled rolling or throwing and taking turns.

Station 6 – Balance Delivery: Children carry beanbags balanced on heads, shoulders, or hands around a pathway before placing them into a toy box. Encourage careful travelling and body control.

PROGRESSION: Add timed station challenges or simple score cards for each activity.

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

Adapted Learning (Differentiation) (Challenge)

SPACE

Large game areas first.

TASK

Single skills before full games.

EQUIPMENT

Large equipment before smaller equipment.

PEOPLE

Pairs 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, take calm deep breaths, and think about which station they enjoyed the most. Children can slowly reach wide like stars before becoming still and resting quietly. **PROGRESSION:** Add calm floating arm and leg movements before returning to a still star shape.

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