

Lesson Objective To be able to move into space, dodge others, and control equipment safely.

Lesson 1/6

Equipment Needed Cones, bibs, beanbags, hoops, soft balls.

Success Criteria Children can:

- move safely into spaces.
- dodge others whilst moving.
- control equipment safely.
- follow simple game rules.

EDSTART KNOW

- I can say where the space is.
- I can tell how to move safely.
- I can say what dodge means.

EDSTART GO

- I can run and change direction.
- I can move away from others.
- I can carry equipment safely.

EDSTART SHOW

- I can play fairly.
- I can share equipment.
- I can cheer for my friends.

Warm Up

DINOSAUR ESCAPE: Children pretend to be dinosaurs moving around the jungle whilst avoiding the dinosaur catcher. Children carry a beanbag "dinosaur egg" whilst running, stomping, or tiptoeing around the play area. If tagged, children freeze holding their egg above their head until another dinosaur gently taps them free. Encourage children to move safely, avoid others, and look for open spaces whilst travelling. **PROGRESSION:** Add more dinosaur catchers or smaller jungle spaces.

EYFS Link: Physical Development – Agility, coordination, and spatial awareness. PSED – Cooperation and helping others. Expressive Arts & Design – Imaginative movement.

Main Activity

RAINBOW RUNNERS: Children move around the play area carrying beanbags and quickly travel to coloured hoops when the coach calls a colour. Encourage children to avoid others, move safely, and stop with control inside the hoop. **PROGRESSION:** Add different movements such as hopping, skipping, or balancing.

EYFS Link: Physical Development – Coordination and balance. Communication & Language – Listening and following instructions. Mathematics – Colour recognition.

SUPERHERO RESCUE: Children collect beanbags from around the play area and rescue them by returning them to superhero headquarters. Encourage children to dodge around cones, avoid bumping into others, and carry one item at a time safely. **PROGRESSION:** Add defenders guarding the superhero base.

EYFS Link: Physical Development – Running and agility. PSED – Confidence and perseverance. Communication & Language – Following instructions.

MONSTER MAZE: Children travel through cone pathways whilst carrying a ball or beanbag and avoiding the monsters standing in the maze. Encourage children to change direction, move carefully, and keep control of the equipment throughout the activity. **PROGRESSION:** Narrow the pathways or add more monsters.

EYFS Link: Physical Development – Spatial awareness and movement control. PSED – Resilience and confidence. Understanding the World – Exploring movement and space.

ROBOT DELIVERY: Children pretend to be robots delivering special batteries around the play area. They move carefully with beanbags balanced on different body parts whilst avoiding obstacles and other robots. **PROGRESSION:** Add stop and go commands or balancing challenges.

EYFS Link: Physical Development – Balance and coordination. Expressive Arts & Design – Role play and imaginative movement. Communication & Language – Listening to instructions.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large areas first, smaller spaces later.

TASK

Simple running first, then dodging others.

EQUIPMENT

Beanbags, soft balls, hoops.

PEOPLE

Independent work first, then partner games.

Cooldown

SLEEPING DRAGONS: Children lie quietly pretending to be sleepy dragons resting in a cave. Encourage children to stretch their wings wide, curl into a tiny ball, and take slow deep breaths whilst relaxing after the activities. **PROGRESSION:** Add gentle dragon breathing sounds during stretches.

EYFS Link: Physical Development – Relaxation and flexibility. PSED – Self-regulation and calm focus. Expressive Arts & Design – Imaginative movement.

Lesson Objective To be able to bounce and control a ball using hands.

Lesson 2/6

Equipment Needed Large soft balls, hoops, cones, markers.

Success Criteria Children can:

- bounce a ball safely.
- use one hand to control a ball.
- stop and start whilst moving.
- keep the ball close.

EDSTART KNOW

- I can say how to bounce a ball.
- I can tell which hand I like using.
- I can say how to stay in control.

EDSTART GO

- I can bounce a ball.
- I can walk whilst bouncing.
- I can stop the ball safely.

EDSTART SHOW

- I can look after my ball.
- I can cheer for my friends.
- I can try my best.

Warm Up

BOUNCY CASTLE: Children bounce balls around the play area pretending they are inside a giant bouncy castle. Encourage children to keep the ball low, use soft hands, and move carefully around others whilst bouncing. **PROGRESSION:** Add jumping or balancing actions between bounces.

EYFS Link: Physical Development – Hand-eye coordination and control. PSED – Confidence and perseverance. Communication & Language – Listening to instructions.

Main Activity

MAGIC BOUNCE PATH: Children bounce their ball carefully along different pathways marked with cones, spots, and lines around the play area. Encourage children to keep their eyes forward, use gentle bounces, and move at a controlled speed whilst staying close to their ball. Children should stop safely at the end of each pathway before choosing a new route to explore. Praise children for showing good control, balance, and awareness of space during the activity. **PROGRESSION:** Add curved, zig-zag, or narrower pathways. Encourage children to use their weaker hand, travel slightly faster, or complete the pathways whilst avoiding moving obstacles or other players.

EYFS Link: Physical Development – Coordination and control. Mathematics – Exploring direction and space. Communication & Language – Following instructions.

ALIEN BALL RESCUE: Children bounce balls across the play area to rescue stranded aliens from different planets marked with cones or hoops. Encourage children to keep their eyes up, use controlled bounces, and move safely around others without bumping into anyone. When children reach a planet, they collect an alien and bounce back to the spaceship base. Praise good control, safe movement, and awareness of space throughout the activity. **PROGRESSION:** Add alien catchers who try to block pathways or tag players. Children must change direction, protect their ball, and continue bouncing with control whilst finding safe routes around the space area.

EYFS Link: Physical Development – Agility and ball control. PSED – Confidence and awareness of others. Expressive Arts & Design – Imaginative role play.

JELLYFISH DRIBBLE: Children pretend their bouncing ball is a jellyfish floating gently through the ocean. Children move around the play area bouncing carefully, keeping control of their ball whilst changing direction when the coach calls different sea creatures such as sharks, crabs, or dolphins. Encourage children to keep their eyes up, move safely around others, and use soft controlled bounces throughout the activity. **PROGRESSION:** Add safe islands where children must stop, balance, and keep control of their ball before moving again. Increase challenge by adding smaller islands, different balances, or asking children to use their weaker hand whilst bouncing around the ocean.

EYFS Link: Physical Development – Balance and coordination. Communication & Language – Responding to instructions. Understanding the World – Exploring movement themes.

ROBOT HANDS: Children practise bouncing using different hands and speeds whilst pretending to be robots charging their power balls around the play area. Encourage children to stay balanced, keep control of the ball, and travel safely through space without bumping into others. **PROGRESSION:** Add switching hands on command and challenge children to change speed whilst keeping control of their bouncing power ball.

EYFS Link: Physical Development – Fine and gross motor control. PSED – Perseverance and confidence. Communication & Language – Listening and reacting.

Adapted Learning (Differentiation) (Challenge)

SPACE Wide spaces first.

TASK

Bounce standing still before moving.

EQUIPMENT

Large soft balls first.

PEOPLE

Independent work before partner tasks.

Cooldown

FLOATING CLOUDS: Children move slowly around the play area pretending to float gently like clouds before sitting quietly for deep breathing and simple stretching activities. Encourage children to relax their bodies, move calmly, and breathe slowly whilst cooling down safely. **PROGRESSION:** Add different cloud shapes during stretches and encourage children to hold balances or make wide, tall, or curled cloud positions.

EYFS Link: Physical Development – Relaxation and stretching. PSED – Calming after activity. Expressive Arts & Design – Exploring movement creatively.

EYFS - Fundamental Movement Skills

Object Control - Lesson Plan

Lesson Objective To be able to dribble and control a ball using feet.

Lesson 3/6

Equipment Needed Soft footballs, cones, hoops, markers.

Success Criteria Children can:

- dribble with control.
- stop the ball safely.
- change direction.
- move around others safely.

EDSTART KNOW

- I can say how to kick gently.
- I can tell why I keep the ball close.
- I can say where the space is.

EDSTART GO

- I can dribble with my feet.
- I can stop the ball.
- I can change speed.

EDSTART SHOW

- I can wait my turn.
- I can smile when others try.
- I can listen carefully.

Warm Up

FARMYARD FOOTBALL: Children dribble their footballs around the farm pretending the balls are runaway animals. Encourage children to keep the animals close, move safely around others, and stop them before they escape. **PROGRESSION:** Add farm gates to dribble through.

EYFS Link: Physical Development – Ball control and coordination. PSED – Confidence and awareness of others. Expressive Arts & Design – Imaginative movement.

Main Activity

TRAFFIC TOWN: Children dribble around cone roads whilst following traffic commands such as stop, slow, fast, and reverse. Encourage children to keep their heads up, stay in control of the ball, and avoid crashes with other drivers whilst travelling safely around the space. **PROGRESSION:** Add roundabouts, narrow roads, and traffic lights where children must react quickly whilst keeping control of their dribbling.

EYFS Link: Physical Development – Agility and control. Communication & Language – Listening and responding to instructions. Understanding the World – Exploring movement safely.

DON'T WAKE THE BABY: Children quietly dribble their balls across the room without waking the sleeping baby (coach). Encourage soft touches, controlled movements, and careful stopping when the baby wakes up to help children develop close ball control and listening skills. **PROGRESSION:** Add squeaky toy sounds where children must freeze quickly whilst keeping their ball still and under control.

EYFS Link: Physical Development – Control and balance. PSED – Self-regulation and patience. Communication & Language – Listening carefully.

TREASURE FOOTBALL: Children dribble around the play area collecting treasure cones and returning them safely to their team hoop. Encourage children to keep the ball close, move carefully through space, and stay in control whilst collecting and returning the treasure. **PROGRESSION:** Add defenders who protect the treasure and encourage children to change direction, shield the ball, and find safe pathways to their team hoop.

EYFS Link: Physical Development – Coordination and agility. PSED – Teamwork and perseverance. Mathematics – Counting treasure.

ZOO ESCAPE: Children pretend their football is a zoo animal escaping through the zoo and must guide it safely through cone gates and around different obstacles. Encourage children to use gentle touches, keep the ball close, and stay aware of space whilst moving around the zoo. **PROGRESSION:** Make the zoo pathways smaller or add animal catchers who try to block routes, encouraging children to change direction and keep control of their animal.

EYFS Link: Physical Development – Spatial awareness and movement control. Expressive Arts & Design – Role play and imagination. Communication & Language – Following instructions.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large areas first.

TASK

Walk with the ball before running.

EQUIPMENT

Large balls before smaller balls.

PEOPLE

Independent work before pairs.

Cooldown

PIT STOP GARAGE: Children sit beside their footballs pretending to park cars in a garage after a busy journey around the play area. Encourage children to stretch high, touch their toes, and take deep calming breaths whilst relaxing their bodies after the activities. **PROGRESSION:** Add slow counting during stretches and encourage children to hold each position carefully whilst breathing slowly and staying balanced.

EYFS Link: Physical Development – Flexibility and relaxation. PSED – Calm focus and self-regulation. Communication & Language – Listening to instructions.

Lesson Objective To be able to move with a ball using different control skills.

Lesson 4/6

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

Success Criteria Children can:

- move with equipment safely.
- choose different control skills.
- move around obstacles.
- play simple games fairly.

EDSTART KNOW

- I can say how to keep my ball safe.
- I can tell which direction to move.
- I can say which skill I am using.

EDSTART GO

- I can roll and bounce.
- I can kick and stop.
- I can move around obstacles.

EDSTART SHOW

- I can help my group.
- I can share equipment.
- I can play fairly.

Warm Up

WIZARD SCHOOL: Children move around the magic school carrying wizard energy balls whilst avoiding bumping into other wizards around the play area. Encourage children to travel safely, listen carefully, and follow commands such as freeze, spin, jump, or crouch whilst staying balanced and in control. **PROGRESSION:** Add magical obstacle pathways using cones, hoops, or benches for children to travel through whilst carrying their wizard energy balls safely.

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

Main Activity

DRIBBLE CITY: Children move around cone pathways pretending to travel through a busy city whilst controlling their ball carefully around the play area. Encourage children to keep the ball close, change direction safely, and travel through different gates and streets without bumping into others. **PROGRESSION:** Add traffic wardens who block pathways, encouraging children to find new routes, react quickly, and keep control of their ball whilst moving through the city.

EYFS Link: Physical Development – Ball control and agility. Mathematics – Exploring position and direction. PSED – Awareness of others.

CASTLE ESCAPE: Children move balls around the play area pretending to escape from castle guards whilst protecting their treasure. Encourage children to keep the ball close, stay aware of space, and change direction quickly to escape safely around the castle grounds. **PROGRESSION:** Add more castle guards to increase the challenge and encourage quicker reactions, sharper turns, and controlled dribbling whilst escaping.

EYFS Link: Physical Development – Spatial awareness and coordination. PSED – Confidence and resilience. Expressive Arts & Design – Role play.

ICE CREAM DELIVERY: Children carry or dribble balls pretending to deliver ice creams around the town to different customers. Encourage children to move carefully, keep control of the ball, and avoid dropping or losing their ice cream whilst travelling safely around others. **PROGRESSION:** Add balancing challenges, narrow pathways, or small obstacles for children to travel around whilst keeping their ice cream under control.

EYFS Link: Physical Development – Coordination and balance. Communication & Language – Listening to instructions. Understanding the World – Exploring movement and space.

ROCKET SLALOM: Children weave in and out of cones whilst controlling a ball through the slalom pathway. Encourage children to use gentle touches, look ahead whilst moving, and stop safely under control at the end of the course. **PROGRESSION:** Add timing challenges or ask children to complete the slalom using different speeds whilst still keeping control of the ball.

EYFS Link: Physical Development – Agility and control. PSED – Perseverance and confidence. Mathematics – Exploring pathways.

Adapted Learning (Differentiation) (Challenge)

SPACE

Wide spaces first.

TASK

Simple rolling before dribbling.

EQUIPMENT

Beanbags, soft balls, footballs.

PEOPLE

Independent work before partner games.

Cooldown

GIANT STRETCHES: Children pretend to be giants waking up slowly by stretching tall, twisting side to side, and bending down to pick up magic beans. Encourage calm breathing throughout the stretches. **PROGRESSION:** Add giant footsteps during movements.

EYFS Link: Physical Development – Stretching and body awareness. PSED – Relaxation and reflection. Expressive Arts & Design – Imaginative movement.

Lesson Objective To be able to play small games using rolling, throwing, and catching skills.

Lesson 5/6

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

Success Criteria Children can:

- throw and catch safely.
- roll equipment with control.
- follow game rules.
- work with others.

EDSTART KNOW

- I can say the rules of a game.
- I can tell how to throw safely.
- I can remember the skills we practised.

EDSTART GO

- I can roll and catch.
- I can throw carefully.
- I can move into space.

EDSTART SHOW

- I can play fairly.
- I can cheer for others.
- I can share equipment.

Warm Up

JUNGLE RESCUE: Children carry or roll balls around the jungle whilst avoiding cheeky monkeys moving around the play area. If children are tagged by a monkey, they freeze like jungle statues until another explorer rolls a ball through their legs to rescue them. Encourage children to move carefully, keep control of their ball, and help others safely during the activity. **PROGRESSION:** Add more monkeys or make the jungle spaces smaller to encourage quicker reactions, better awareness, and closer ball control whilst escaping.

EYFS Link: Physical Development – Coordination and movement skills. PSED – Cooperation and teamwork. Communication & Language – Following instructions.

Main Activity

SUPER SCOOPERS: Children work in pairs rolling balls carefully to each other before scooping them up safely using two hands. Encourage children to stay balanced, watch the moving ball closely, and communicate positively with their partner throughout the activity. **PROGRESSION:** Increase the distance between partners or encourage children to roll with greater accuracy and control whilst maintaining successful catches.

EYFS Link: Physical Development – Hand-eye coordination and catching skills. PSED – Turn-taking and cooperation. Communication & Language – Working with others.

TARGET STRIKE: Children throw balls or beanbags towards different targets around the play area to score points for their team. Encourage children to aim carefully, use controlled throws, and count their scores throughout the activity whilst taking turns safely. **PROGRESSION:** Add smaller targets or longer throwing distances to challenge children's accuracy, control, and concentration during the game.

EYFS Link: Mathematics – Counting and comparing scores. Physical Development – Throwing and aiming skills. PSED – Confidence and perseverance.

TREASURE KNOCKDOWN: Children roll balls to knock over treasure cones belonging to another team. Encourage controlled rolling, careful aiming, and teamwork throughout the activity whilst children work together to protect and attack the treasure. **PROGRESSION:** Add "repair zones" where teams can rebuild fallen treasure cones before rejoining the game.

EYFS Link: Physical Development – Coordination and control. PSED – Teamwork and fair play. Mathematics – Counting knocked cones.

SPACE CATCH: Children stand in a circle gently rolling or tossing a soft ball around whilst sharing their favourite game from the lesson. Encourage calm movements, careful passing, and kind listening whilst children reflect on the activities together. **PROGRESSION:** Add stretches between turns to help children relax and cool down slowly after the lesson.

EYFS Link: Communication & Language – Speaking and listening. Physical Development – Catching and rolling skills. PSED – Reflection and confidence.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large playing spaces first.

TASK

Simple rules before team games.

EQUIPMENT

Beanbags before balls.

PEOPLE

Pairs before teams.

Cooldown

CALM OCEAN: Children pretend to float on calm ocean waves whilst stretching slowly and breathing deeply. Encourage children to relax their muscles and move gently after the games. **PROGRESSION:** Add soft ocean sound effects.

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

EYFS - Fundamental Movement Skills

Object Control - Lesson Plan

Lesson Objective To be able to take part in small games using object control skills.

Lesson 6/6

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

Success Criteria Children can:

- play simple games.
- use rolling, throwing, and dribbling skills.
- move safely around others.
- follow simple rules.

EDSTART KNOW

- I can say the name of the games.
- I can tell what I need to do.
- I can remember to try my best.

EDSTART GO

- I can roll and throw.
- I can dribble and stop.
- I can move between stations.

EDSTART SHOW

- I can cheer for others.
- I can work with my group.
- I can say "well done."

Warm Up

TOY FACTORY RELAY: Children move around the toy factory carrying or rolling toys to different stations before returning safely to their team. Encourage children to move carefully, stay in control of their toy, and work together during the relay activity. **PROGRESSION:** Add balancing or hopping challenges whilst travelling between the toy stations.

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

Main Activity

PIRATE SHIP BATTLE: Children roll cannonballs towards pirate ships made from cones around the play area. Encourage careful aiming, controlled rolling, and safe movements whilst cheering on teammates during the pirate challenge. **PROGRESSION:** Add smaller pirate ships or increase the rolling distance to challenge children's accuracy and control.

EYFS Link: Physical Development – Aim and coordination. PSED – Confidence and teamwork. Expressive Arts & Design – Imaginative play.

TREASURE TOSS: Children throw beanbags towards treasure hoops and count how many points they score during the game. Encourage children to aim carefully, take turns safely, and celebrate effort and teamwork throughout the activity. **PROGRESSION:** Add obstacles or bouncing throws to increase the challenge and develop greater control and accuracy.

EYFS Link: Mathematics – Counting and comparing totals. Physical Development – Throwing and aiming skills. PSED – Perseverance.

CHEETAH CHASE: One child becomes the cheetah running quickly between bases whilst teammates pass a ball carefully around the outside of the area. Encourage teamwork, quick reactions, accurate passing, and safe movement around the play space throughout the activity. **PROGRESSION:** Add extra bases or movement challenges such as jumping, balancing, or changing direction whilst travelling.

EYFS Link: Physical Development – Speed and coordination. PSED – Teamwork and resilience. Communication & Language – Listening during games.

MINI GAMES CARNIVAL: Children rotate around simple throwing, rolling, catching, and dribbling stations in small groups. Encourage children to try all activities, share equipment, and move safely between stations. **PROGRESSION:** Add team challenges or scoring systems.

EYFS Link: Physical Development – Movement and object control skills. PSED – Confidence and cooperation. Mathematics – Counting scores and turns.

Adapted Learning (Differentiation) (Challenge)

SPACE

Large stations first.

TASK

One game at a time before rotations.

EQUIPMENT

Large soft balls first.

PEOPLE

Independent work before groups.

Cooldown

SPACE STRETCH: Children slowly float back to Earth pretending to be astronauts returning from space. Encourage children to stretch tall, lean side to side, and touch their toes whilst taking calm deep breaths. **PROGRESSION:** Add a countdown from ten before landing together.

EYFS Link: Physical Development – Flexibility and body control. PSED – Relaxation and self-regulation. Communication & Language – Listening and following instructions.