

Term 1 – Travel & Locomotor

Early Level focus: Fundamental Movement Skills, play and exploration.

Use stories, imagination and varied equipment. Repeat activities when children need more time to develop a skill.

WEEK	SKILLS FOCUS	WARM UP / SKILL DEVELOPMENT	GAME / APPLICATION	COOL DOWN / RELAXATION
WEEK 1	Introduce & explore	Move in different ways: walk, run, hop, jump and side-step. Explore stop/start and changing direction.	Animal / character travel game. Children choose a way to travel and respond to simple cues: GO, STOP, TURN.	Walk slowly; stretch tall; breathing and quiet body.
WEEK 2	Consolidate & develop	Revisit travel skills. Add pathways, levels, speeds and distances. Introduce simple BMT-style move-and-think challenges.	Roads & Traffic: travel around a safe space, avoid obstacles, change direction and respond to traffic cues.	Slow walk → stretch → balance still for 5 seconds.
WEEK 3	Cooperate & play	Travel with a partner and in small groups. Practise sharing space, following and leading, and moving safely around others.	On the Farm / Adventure Trail: partner journeys, follow-the-leader and simple team movement challenges.	Partner breathing; gentle stretches; relaxed walk.
WEEK 4	Free play / game day	Children choose and combine familiar travel skills. Encourage creativity, confidence and independent decision making.	Choice stations: animal travel, obstacle pathway, hoops, target movement and child-created travel games.	Child choice: favourite movement, slow breathing, relax on floor.