

SCHEME OF WORK: **AGILITY:** EYFS

ACTIVITY	OUTLINE OF LESSON
1	To explore and discover spatial awareness.
2	To explore different types of travelling within a specific area and being aware of others.
3	To explore using arms to help develop movement into space.
4	To explore using legs to help develop movement into space.
5	To use arms and legs to develop locomotive movement in various directions.
6	To develop movement whilst holding equipment.
7	To develop control when using equipment whilst moving.
8	To develop coordination to become more agile.
9	To explore footwork to develop agility.
10	To learn how to run skilfully using specific spaces.
11	To run skilfully using agility to change direction and move into space.
12	Progress chart.

PROGRESS CHART: **AGILITY:** EYFS

PUPIL'S NAME:

CLASS:

SKILL	SKILL ACHIEVED
Can the pupil travel into space?	
Can the pupil travel in a variety of ways looking up and avoiding others?	
Can the pupil coordinate using arms and legs when being agile?	
Can the pupil run at different speeds and change direction to avoid obstacles?	
Can the pupil jump over obstacles and land appropriately?	
Are they able to use equipment safely and avoid others?	
Does the pupil show increasing control when using agility to avoid being chased?	
Are they able to be creative when negotiating space skilfully?	
Can the pupil problem solve in specific tasks?	
Does the pupil run skilfully and negotiate space?	
Can the pupil be creative in their movement with equipment?	