

1. Choose a main concept from

- ☐ Hand Eye Coordination
- ☐ Foot Eye Coordination
- ☐ Racket Eye Coordination
- ☐ Agility
- ☐ Balance

2. Perform the baseline tests for your chosen concept

- ☐ Hand Eye Coordination
- ☐ Foot Eye Coordination
- ☐ Racket Eye Coordination
- ☐ Agility
- ☐ Balance

3. Choose and teach from a range of sport specific lessons related to that concept.

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Football | <input type="checkbox"/> Rounders |
| <input type="checkbox"/> Netball | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Cricket | <input type="checkbox"/> Gymnastics |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Tennis |

Here is an example of a 6 week term:

Week 1.

Topic chosen is Agility

Every child performs 2 baseline tests from our set of tests based on agility. Each child logs their own score to keep a track of their progress over the 6 week period.

Weeks 2 & 3.

Topic chosen is Agility

Sport chosen is Netball

Follow and complete our pre planned netball lessons based on agility.

Weeks 4 & 5.

Topic chosen is Agility

Sport chosen is Football

Follow and complete our pre planned football lessons based on agility.

Weeks 6.

Topic chosen is Agility

Every child performs the same 2 baseline tests from week 1. Each child logs their own score to analyse their progress over the 6 week period.