

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Play the audio track and	Play the audio track and	Play the audio track and	Play the audio track and	Play the audio track and	Play the audio track and
	encourage children to dance	encourage children to dance	encourage children to dance	encourage children to dance	encourage children to dance	encourage children to dance
	using their own dinosaur	using their own dinosaur	using their own dinosaur	using their own moves and	using their own moves and	using their own moves and
	moves and ideas (running,	moves and extra ideas	moves and extra ideas.	ideas to the Dinosaur music.	ideas to the Dinosaur music,	ideas to the Dinosaur music,
Warm	walking, stomping, flying,	(running, walking, stomping,	Ask the children how they	In this lesson encourage the	remembering the moves	remembering the moves
W CI III	fast, slow)	flying, fast, slow)	can improve their	children to use lots of	from last lesson.	from last lesson.
Up	Encourage the children to	Encourage the children to	movements	travelling moves, jumping	In this lesson encourage the	In this lesson encourage the
Op	use lots of travelling moves.	use lots of travelling moves	Encourage the children to	moves, turning moves and	children to use lots of	children to use lots of
		and jumping moves.	use lots of travelling moves,	different levels.	travelling moves, jumping	travelling moves, jumping
		, . 3	jumping moves and different		moves, turning moves and	moves, turning moves and
			levels.		different levels and balances.	different levels and balances.
	Getting used to a ball	Under and Over	Hula Hoop	Exploring dribbling	Dinosaur egg balance	Assessment
	Move the ball around their	Children in groups of 6-8, in a		Children dribble round with	Balance a dinosaur egg	See lesson page and
	body, roll the ball up one leg	line all facing the same	Body parts hula - hula using	their football.	(beanbag) on some sort of	Assessment Snapshot for
	and down the other, roll the	direction.	different body parts: rotate	Repeat keeping the ball	bat.	details.
	ball up their back, pick the	The child at the front has a	the hoop around their arm,	closer to them.	Walk around the designated	
	ball up of the ground with	dinosaur egg (ball), passes it	foot, leg etc.	Repeat and encourage the	space, ensuring not to bump	
	different parts of their	over their head, then the next		children to look up to avoid	into others and not dropping	
Achiniba	bodies, balance ball or bean	child receives it and passes it		any collisions with other	their beanbags or foam balls.	
Activity	bags on different parts of	under their legs.		children.	Traffic lights - Continue as	
	their bodies, sit on the floor	When the last child has the			above but the teacher to	
	and steer the ball around	ball they run to the front of			hold up three different	
	their body on the floor, flip	the line and the game begins			coloured cones (traffic lights)	
	the bean bag from their feet	again.			to encourage the children to	
	and try to catch it.				look up whilst balancing their	
					beanbag or ball. (Green - jog,	
					amber - walk and red - stop).	
	Moving with a ball	Dinosaur tunnels	Hula hoop	Traffic light dribbling	Refer to dinosaur slide.	Assessment Continued
	Carry with two hands, then	Children create a tunnel with	Try to hula hoop around their	Green cone = move will the	Move the object down the	
	one hand then under arm,	their legs and roll or pass the	waist (having one foot in	ball.	Brontosaurus' body	
	going in and out of cones	ball all the way down the	front of the other and rock	Yellow/orange cone = small	Without using hands the	
Skill	carrying ball, using feet and	tunnel.	backwards and forwards).	taps with the ball	children should pass the	
	using bats/sticks.	Use different kinds of balls,	iThink - what is the easiest	Red = stop.	beanbag to the next child's	
	Move the ball and follow,	tennis, rugby, football etc.	body part to hula around?	1 - calling out the colours	bat.	
	then progress to a closer			2 – watching for cone to	Teams compete against each	
	control of the ball.			change.	other.	

			iThink: Can the children think of another way to get the ball down the tunnel.		Gateways - Set up a series of gates (cones) for the children to dribble through and encourage them to dribble through all of them. How many gates can you travel through? iThink: Can you think of a different way to get through the gates? (eg bouncing the ball)	The winning team is the first team on the other side of the hall without dropping the beanbag. iThink: What other pieces of equipment could we use?	
4	Activity with Skill	Back-to-back ball control Pass the ball around in a circle Over and under pass	Dinosaur Island 1 child at a time from each team stomps like a dinosaur to the island, collects a ball (golden egg) and dribbles it back to their team with their hands' not feet. iThink: Can the children think of another way to get the egg back to their team? Or another way to travel which is different to stomp?	Disco Dinosaurs Dance with your hula hoop - try to spin it around your tummy to the music. Roll it along the floor and chase it to catch it. Lay it on the floor and dance in it. iThink: Can you think of a new dinosaur hula hoop move - show it to your friend to copy	Egg Rescue The children should take turns in their team (relay style) and run out to the 'egg' and take one ball and dribble it back to their team and place the ball in their 'nest' hoop. The winning team has the most balls in their hoop once the middle hoop is empty. Now play this game in reverse. Each team needs to empty their 'nest' to the middle hoop.	Pterodactyl. Refer to dinosaur slide. Bounce the ball on the bat (like a Pterodactyl flying up and down) and see how many times they can accurately bounce the ball up and down on the bat in a row. If the children are using beanbags then they should toss the beanbag up and catch it flat on the bat again.	Assessment Continued
	Review / Assess	Assessing children's ability to achieve tasks throughout the lesson. Slides Use the questions on the slide to help the children to review their performance	Slides Use the questions on the slide to help the children to review their performance	Slides Use the questions on the slide to help the children to review their performance	Slides Use the questions on the slide to help the children to review their performance	Slides Use the questions on the slide to help the children to review their performance	Slides Use the questions on the slide to help the children to review their performance