

Class	Auumn1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
1	<b>Personal Cog</b>  <b>Coordination:</b> Footwork <b>Static Balance:</b> One Leg	<b>Social Cog</b>  <b>Dynamic Balance to Agility:</b> Jumping and Landing  <b>Static Balance:</b> Seated	<b>Cognitive Cog</b>  <b>Static Balance:</b> Stance <b>Dynamic Balance:</b> On a Line	<b>Creative Cog</b>  <b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner	<b>Applying Physical Cog</b>  <b>Coordination:</b> Sending and Receiving <b>Agility:</b> Reaction / Response	<b>Health and Fitness Cog</b>  <b>Static Balance:</b> Floor Work <b>Agility:</b> Ball Chasing
2	<b>Personal Cog</b>  <b>Coordination:</b> Footwork <b>Static Balance:</b> One Leg	<b>Social Cog</b>  <b>Dynamic Balance to Agility:</b> Jumping and Landing  <b>Static Balance:</b> Seated	<b>Cognitive Cog</b>  <b>Static Balance:</b> Stance <b>Dynamic Balance:</b> On a Line	<b>Creative Cog</b>  <b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner	<b>Applying Physical Cog</b>  <b>Coordination:</b> Sending and Receiving <b>Agility:</b> Reaction / Response	<b>Health and Fitness Cog</b>  <b>Static Balance:</b> Floor Work <b>Agility:</b> Ball Chasing
3	<b>Personal Cog</b>  <b>Coordination:</b> Footwork <b>Static Balance:</b> One Leg	<b>Social Cog</b>  <b>Dynamic Balance to Agility:</b> Jumping and Landing  <b>Static Balance:</b> Seated	<b>Cognitive Cog</b>  <b>Static Balance:</b> Stance <b>Coordination:</b> Footwork	<b>Creative Cog</b>  <b>Static Balance:</b> Seated <b>Static Balance:</b> Floor Work	<b>Applying Physical Cog</b>  <b>Dynamic Balance to Agility:</b> Jumping and Landing <b>Static Balance:</b> One Leg	<b>Health and Fitness Cog</b>  <b>Coordination:</b> Sending and Receiving <b>Agility:</b> Ball Chasing
4	<b>Personal Cog</b>  <b>Coordination:</b> Footwork <b>Static Balance:</b> One Leg	<b>Social Cog</b>  <b>Dynamic Balance to Agility:</b> Jumping and Landing  <b>Static Balance:</b> Seated	<b>Cognitive Cog</b>  <b>Static Balance:</b> Stance <b>Coordination:</b> Footwork	<b>Creative Cog</b>  <b>Static Balance:</b> Seated <b>Static Balance:</b> Floor Work	<b>Applying Physical Cog</b>  <b>Dynamic Balance to Agility:</b> Jumping and Landing <b>Static Balance:</b> One Leg	<b>Health and Fitness Cog</b>  <b>Coordination:</b> Sending and Receiving <b>Agility:</b> Ball Chasing

		<b>Static Balance:</b> Seated				
<b>5</b>	<b>Personal Cog</b>  <b>Co-ordination:</b> ball skills <b>Agility:</b> Reaction/Response	<b>Social Cog</b>  <b>Dynamic Balance:</b> On a line <b>Counter Balance:</b> with a partner	<b>Cognitive Cog</b>  <b>Static Balance:</b> Stance <b>Coordination:</b> Footwork	<b>Creative Cog</b>  <b>Static Balance:</b> Seated <b>Static Balance:</b> Floor Work	<b>Applying Physical Cog</b>  <b>Dynamic Balance to Agility:</b> Jumping and Landing <b>Static Balance:</b> One Leg	<b>Health and Fitness Cog</b>  <b>Coordination:</b> Sending and Receiving <b>Agility:</b> Ball Chasing