

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.

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ACTIVITY	OUTLINE OF LESSON
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.