



40–60 MONTHS

PLANNING OVERVIEW FAST FREDDIE

Lesson	Learning Objective	Success Criteria	Links to ELG
Space Travelling	To be able to travel safely negotiating space.	<ul style="list-style-type: none"> To move around the space safely. To show a good awareness for safety whilst travelling. 	Negotiates space successfully when playing racing and chasing games with other children.
Army Spatial Awareness	To develop their spatial awareness whilst travelling	<ul style="list-style-type: none"> To be able understand personal space Travelling in different ways using control and showing an awareness of others 	Negotiates space successfully when playing racing and chasing games with other children.
Supermarket Coordination	To improve our co-ordination skills	<ul style="list-style-type: none"> To balance without wobbling. To travel with control and co-ordination. 	Experiments with different ways of moving.
Jungle Balancing	To improve our ability to balance successfully.	<ul style="list-style-type: none"> To use our arms to help us gain balance. To focus their eyes on a point. 	Travels with confidence and skill around, under, over and through balancing and climbing equipment.
Fairy tales Balancing	To improve our ability to balance successfully.	<ul style="list-style-type: none"> To use our arms to help us gain balance. To focus their eyes on a point. To be able to move controlled with effort, and begin to use associated vocabulary such as 'strong', 'firm', 'gentle', 'heavy', 'stretch', 'reach', 'tense', and 'floppy'. 	Travels with confidence and skill around, under, over and through balancing and climbing equipment.
Racetrack Speed	To be able to run skilfully at varying speeds and avoid obstacles	<ul style="list-style-type: none"> To be able to adjust speed whilst running To be able to change direction with control To be able to follow different pathways to avoid obstacles 	Negotiates space successfully when playing racing and chasing games with other children.
Racetrack Speed	To be able to adjust speed and direction to avoid obstacles	<ul style="list-style-type: none"> To be able to adjust speed whilst running To be able to change direction with control To be able to follow different pathways to avoid obstacles 	Negotiates space successfully when playing racing and chasing games with other children.
Zoo Jumping	To be able develop jumping and landing technique	<ul style="list-style-type: none"> To be able to jump and land off a bench safely Refine landing technique to create soft landing 	Jumps off an object and lands appropriately
Pirates Change Direction	To develop changing direction and use of agility	<ul style="list-style-type: none"> To be able to adjust speed whilst running To be able to change direction with control 	Negotiates space successfully when playing racing and chasing games with other children
School Random Agility	To challenge the children's random agility in fun games.	<ul style="list-style-type: none"> To be able to running skilfully avoiding others To demonstrate good signs of agility To be able to dodge effectively. 	Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction



30–50 MONTHS

PLANNING OVERVIEW FAST FREDDIE

Lesson	Learning Objective	Success Criteria	Links to ELG
Space Travelling	To be able to travel in different ways around the room confidently and in control.	<ul style="list-style-type: none"> To enjoy travelling in different ways. To do so with confidence and control. 	Moves freely and with pleasure and confidence in a range of ways
Army Spatial Awareness	To show spatial awareness whilst moving.	<ul style="list-style-type: none"> To keep in own space. To move around without bumping into other children. 	To negotiate space successfully
Supermarket Coordination	To run effectively with control.	<ul style="list-style-type: none"> To use arms and legs effectively when running To travel with control and co-ordination. 	Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles
Jungle Traveling & Spatial Awareness	To improve our ability to change direction whilst traveling.	<ul style="list-style-type: none"> To show awareness of our own space. To change direction effectively whilst moving. 	Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles
Fairy Tale Speed	To improve our ability to change speed whilst travelling.	<ul style="list-style-type: none"> To show awareness of our own space. To change speed effectively whilst moving. 	Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
Seaside Body Awareness	To be able to run skilfully at varying speeds and understand the effect activity has on their bodies.	<ul style="list-style-type: none"> To be able to adjust speed whilst running. To talk about how they feel when they are exercising. 	Observes the effects of activity on their bodies.