



## Autumn Term - Pre-School Weekly Themes

| Week    | Theme               | Skill Set            | Circuit/Skill 1                           | Circuit/Skill 2                                  | Circuit/Skill 3                 |
|---------|---------------------|----------------------|---|--|---------------------------------|
| Week 1  | Wheels On The Bus   | ROLLS                | Log Roll down incline                     | Forward roll down incline                        | Forward roll on bench           |
| Week 2  | Colours             | SHAPES               | Tuck, Pike & Straddle shapes on the floor | Tuck & Star shape on bar, hold for 3 secs        | Tuck and star jumps on tramp/FT |
| Week 3  | Red Riding Hood     | VAULT                | Bunny hops onto small block from floor    | Jump from floor onto block/crashmat              | Run and jump into hoop          |
| Week 4  | Toy Box             | SMALL EQUIPMENT USE  | Roll ball to target x 3                   | Lift beanbag over head with feet, drop into hoop | Step over beanbags on beam      |
| Week 5  | Sideways            | SIDEWAYS             | Place hands on spot, jump feet around     | Log Roll down incline                            | Walk sideways along beam        |
| Week 6  | Space               | BARS                 | Show 3 x swings under p-bars              | Tuck & Star shape on bar, hold for 3 secs        | Hold front support on bar       |
| Week 7  | Halloween/Meg & Mog | UP HIGH              | Walk forward along high beam              | Straight Jump from high surface                  | Swings on high bar              |
| Week 8  | Bonfire Night       | JUMPING              | Straight Jump to land                     | Jump from floor onto block/crashmat              | Assorted jumps on tramp/FT      |
| Week 9  | Weather             | BODY CONTROL         | Tuck, Pike & Straddle shapes on the floor | Walk forward along low beam                      | Slide along bench on tummy      |
| Week 10 | Transport           | CO-ORDINATION        | Place hands on spot, jump feet around     | Bunny Hops                                       | Dip steps on low beam           |
| Week 11 | Bear Hunt           | OVER, UNDER, THROUGH | Roll ball through target x 3              | Show 3 x swings under p-bars                     | Jump over obstacles             |
| Week 12 | Dragon's Lair       | REVIEW WEEK          | Review all badge skills                   |  |                                 |
| Week 13 | Christmas Fun Week  | CHRISTMAS FUN WEEK   | Favourite fun skills                      |  |                                 |