Why choose Hat-trick Heroes?

Hat-trick Heroes is a structured, engaging and inclusive early years physical development offer for schools, nurseries and early years settings.

What settings receive

- 38-week curriculum
- Clear session plans
- Set-up diagrams
- Equipment lists
- Coaching points
- Inclusive adaptations

UEFA-qualified coaches

Ideal for

Nurseries, preschools, reception classes and early years providers.

Ask us about taster sessions, partnerships and delivery options.

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Hat-trick Heroes

Early Years Physical Development Programmes for Schools & Nurseries

- Football
- Football + Movement
- Movement + Coordination

EYFS-Aligned

38-Week Progressive Curriculum



Delivered with early years insight from New Dawn Nursery

What is Hat-trick Heroes?

Hat-trick Heroes is an engaging early years physical development programme designed for schools, nurseries and early years settings. Through playful, structured sessions, children build confidence, coordination, listening, balance and movement skills in ways that feel fun and achievable.



Why it works

- EYFS-aligned
- 38-week progressive curriculum
- Active and engaging
- Inclusive and adaptable
- Minimal waiting around
- Confidence-building

Who it is for

Nurseries, preschools, reception classes and early years providers looking for high-quality physical development sessions.



What does a session look like?



1. Welcome circle and rules → 2. Warm-up and movement → 3. Skill activity → 4. Themed game → 5. Finishing challenge and celebration

Sessions are playful, structured and developmentally appropriate, with plenty of encouragement and repetition.

EYFS links

- **Physical Development** — Moving with control, strength and confidence
- **Communication & Language** — Listening, following instructions and expressing ideas
- **PSED** — Building confidence, resilience, kindness and teamwork
- **Mathematics** — Counting, patterns and problem solving in play
- **Understanding the World** — Exploring people, places and the world around us
- **Expressive Arts & Design** — Creativity, imagination and self-expression through movement

Inclusive adaptations and SEND-friendly approaches are built into delivery.

New Dawn NURSERY
High Quality Childcare

HAT-TRICK HEROES



Programme 3: Movement + Coordination



A football-free pathway designed for children who thrive through general movement, coordination and active play. Sessions build strong physical foundations while staying fun and inclusive.

Children develop

- Body control
- Locomotion
- Balance
- Object control
- Rhythm
- Partner skills

Example activities

Jungle Movers



Hero Obstacle Course



Rhythm & Freeze



Partner Heroes



Four-Corner Challenge



Movement Festival



Ideal for broad physical development

New Dawn NURSERY
High Quality Childcare

HAT-TRICK HEROES

Three Programme Pathways

Football

A football-focused programme that develops ball familiarity, control, dribbling, listening and confidence.



Football + Movement

A mixed programme combining football with running, jumping, balancing, coordination and wider movement challenges.



Movement + Coordination

A football-free programme focused on movement, balance, coordination, rhythm, object control and physical confidence.



Every programme is backed by

- 38-week progression
- Set-up diagrams
- Equipment lists
- Coaching points
- Inclusive adaptations

New Dawn NURSERY
High Quality Childcare

Programme 1: Football

Ideal for settings wanting a football-led early years offer. Delivered as a progressive 38-week curriculum, adaptable for both full-time nurseries and term-time settings.

38-week progressive curriculum

Children develop

- Ball familiarity
- Close control
- Stopping and turning
- Listening
- Spatial awareness
- Confidence

Example activities

Cone Tidy-Up

Run and collect one cone at a time. Match it to the correct coloured base.

Ball Skills Circle

Simple ball mastery activities in a circle to build control and coordination.

Treasure Hunt Dribble

Children dribble under control to collect treasure items or cones and bring them back safely.

Traffic Lights

Stop on red, slow on amber, go on green! Great for listening and reactions.

What's the Time, Mr Coach?

Children dribble forward on the coach's call and race to score when it's time to run!

Goal Celebration Circuit

Dribble, shoot, celebrate! A fun circuit of skills ending with a goal and a cheer.

Building skills, confidence and a love for the game!

New Dawn NURSERY
High Quality Childcare

Programme 2: Football + Movement

This mixed pathway combines football with wider physical development, helping children build coordination, balance, agility and confidence through varied, playful activities.

Children develop

- Running and jumping
- Balance
- Coordination
- Dribbling
- Throwing and rolling
- Sequencing

Example activities

Animal Movers

River Crossings

Balance Bridges

Space Explorers

Treasure Throwers

Adventure Course Heroes

Ideal for children who enjoy variety