







































# Curriculum Maps



# Curriculum Map – Foundation Stage

Unit	Weeks	Fundamental Movement Skill Focus	Theme	Multi-ability Cog Focus and Learning Journeys
1	Weeks 1-3	Coordination – Floor Movement Patterns (FUNS Station 10)	 The Birthday Bike Surprise	 <ul style="list-style-type: none"> <li>I can follow instructions, practise safely and work on simple tasks by myself (Level 1)</li> <li>I enjoy working on simple tasks with help (Pre-level 1)</li> </ul>
	Weeks 4-6	Static Balance – One Leg Standing (FUNS Station 1)	 Pirate Pranks!	
2	Weeks 7-9	Dynamic Balance to Agility (FUNS Station 6)	 Journey to the Blue Planet	 <ul style="list-style-type: none"> <li>I can work sensibly with others, taking turns and sharing (Level 1)</li> <li>I can play with others and take turns and share with help (Pre-level 1)</li> </ul>
	Weeks 10-12	Static Balance – Seated (FUNS Station 2)	 Monkey Business!	
3	Weeks 13-15	Dynamic Balance (FUNS Station 5)	 Tilly the Train's Big Day	 <ul style="list-style-type: none"> <li>I can understand and follow simple rules and can name some things I am good at (Level 1)</li> <li>I can follow simple instructions (Pre-level 1)</li> </ul>
	Weeks 16-18	Static Balance – Small Base (FUNS Station 4)	 Thembi Walks the Tightrope	
4	Weeks 19-21	Coordination – Ball Skills (FUNS Station 9)	 Clowning Around!	 <ul style="list-style-type: none"> <li>I can explore and describe different movements (Level 1)</li> <li>I can observe and copy others (Pre-level 1)</li> </ul>
	Weeks 22-24	Counter Balance in Pairs (FUNS Station 7)	 Wendy's Water-ski Challenge	
5	Weeks 25-27	Coordination with Equipment (FUNS Station 8)	 John and Jasmine Learn to Juggle	 <ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)</li> <li>I can move confidently in different ways (Pre-level 1)</li> </ul>
	Weeks 28-30	Agility – Reaction/Response (FUNS Station 12)	 Ringo to the Rescue	
6	Weeks 31-33	Agility – Ball Chasing (FUNS Station 11)	 Sammy Squirrel and his Rolling Nuts	 <ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health (Level 1)</li> <li>I am aware of the changes to the way I feel when I exercise (Pre-level 1)</li> </ul>
	Weeks 34-36	Static Balance – Floor Work (FUNS Station 3)	 Caspar the Very Clever Cat	

# Curriculum Map – Year 1



















Unit	Weeks	Fundamental Movement Skill Focus	Theme	Other ability focus and Learning Journeys
1	Weeks 1-3	Coordination – Floor Movement Patterns (FUNS Station 10)	 The Birthday Bike Surprise	 <ul style="list-style-type: none"> <li>● I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> <li>● I can follow instructions, practise safely and work on simple tasks by myself (Level 1)</li> </ul>
	Weeks 4-6	Static Balance – One Leg Standing (FUNS Station 1)	 Pirate Pranks!	
2	Weeks 7-9	Dynamic Balance to Agility (FUNS Station 6)	 Journey to the Blue Planet	 <ul style="list-style-type: none"> <li>● I can help praise and encourage others in their learning (Level 2)</li> <li>● I can work sensibly with others, taking turns and sharing (Level 1)</li> </ul>
	Weeks 10-12	Static Balance – Seated (FUNS Station 2)	 Monkey Business!	
3	Weeks 13-15	Dynamic Balance (FUNS Station 5)	 Tilly the Train's Big Day	 <ul style="list-style-type: none"> <li>● I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> <li>● I can understand and follow simple rules and can name some things I am good at (Level 1) some things I am good at (Level 1)</li> </ul>
	Weeks 16-18	Static Balance – Small Base (FUNS Station 4)	 Thembi Walks the Tightrope	
4	Weeks 19-21	Coordination – Ball Skills (FUNS Station 9)	 Clowning Around!	 <ul style="list-style-type: none"> <li>● I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> <li>● I can explore and describe different movements (Level 1)</li> </ul>
	Weeks 22-24	Counter Balance in Pairs (FUNS Station 7)	 Wendy's Water-ski Challenge	
5	Weeks 25-27	Coordination with Equipment (FUNS Station 8)	 John and Jasmine Learn to Juggle	 <ul style="list-style-type: none"> <li>● I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> <li>● I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)</li> </ul>
	Weeks 28-30	Agility – Reaction/Response (FUNS Station 12)	 Ringo to the Rescue	
6	Weeks 31-33	Agility – Ball Chasing (FUNS Station 11)	 Sammy Squirrel and his Rolling Nuts	 <ul style="list-style-type: none"> <li>● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> <li>● I am aware of why exercise is important for good health (Level 1)</li> </ul>
	Weeks 34-36	Static Balance – Floor Work (FUNS Station 3)	 Caspar the Very Clever Cat	

# Curriculum Map – Year 2







## Unit Weeks Fundamental Movement Skill Focus

## Other ability focus and Learning Journeys







### Theme

Unit	Weeks	Fundamental Movement Skill Focus	Theme	Other ability focus and Learning Journeys
1	Weeks 1-3	Coordination – Floor Movement Patterns (FUNS Station 10)	 The Birthday Bike Surprise	 <ul style="list-style-type: none"> <li>● I know where I am with my learning and I have begun to challenge myself (Level 3)</li> <li>● I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> <li>● I can follow instructions, practise safely and work on simple tasks by myself (Level 1)</li> </ul>
	Weeks 4-6	Static Balance – One Leg Standing (FUNS Station 1)	 Pirate Pranks!	
2	Weeks 7-9	Dynamic Balance to Agility (FUNS Station 6)	 Journey to the Blue Planet	 <ul style="list-style-type: none"> <li>● I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Level 3)</li> <li>● I can help praise and encourage others in their learning (Level 2)</li> <li>● I can work sensibly with others, taking turns and sharing (Level 1)</li> </ul>
	Weeks 10-12	Static Balance – Seated (FUNS Station 2)	 Monkey Business!	
3	Weeks 13-15	Dynamic Balance (FUNS Station 5)	 Tilly the Train's Big Day	 <ul style="list-style-type: none"> <li>● I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3)</li> <li>● I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> <li>● I can understand and follow simple rules and can name some things I am good at (Level 1)</li> </ul>
	Weeks 16-18	Static Balance – Small Base (FUNS Station 4)	 Thembi Walks the Tightrope	
4	Weeks 19-21	Coordination – Ball Skills (FUNS Station 9)	 Clowning Around!	 <ul style="list-style-type: none"> <li>● I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</li> <li>● I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> <li>● I can explore and describe different movements (Level 1)</li> </ul>
	Weeks 22-24	Counter Balance in Pairs (FUNS Station 7)	 Wendy's Water-ski Challenge	
5	Weeks 25-27	Coordination with Equipment (FUNS Station 8)	 John and Jasmine Learn to Juggle	 <ul style="list-style-type: none"> <li>● I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (Level 3)</li> <li>● I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> <li>● I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)</li> </ul>
	Weeks 28-30	Agility – Reaction/Response (FUNS Station 12)	 Ringo to the Rescue	
6	Weeks 31-33	Agility – Ball Chasing (FUNS Station 11)	 Sammy Squirrel and his Rolling Nuts	 <ul style="list-style-type: none"> <li>● I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down (Level 3)</li> <li>● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> <li>● I am aware of why exercise is important for good health (Level 1)</li> </ul>
	Weeks 34-36	Static Balance – Floor Work (FUNS Station 3)	 Caspar the Very Clever Cat	







# Curriculum Map – Year 3

Unit	Weeks	Fundamental Movement Skill Focus	Other ability focus and Learning Journeys
1	Weeks 1 – 6	<p>Cardio – Coordination – Floor Movement Patterns (FUNS Station 10)</p> <p>Cool Down – Static Balance – One Leg Standing (FUNS Station 1)</p>	 <ul style="list-style-type: none"> <li>● I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4)</li> <li>● I know where I am with my learning and I have begun to challenge myself (Level 3)</li> <li>● I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> </ul>
2	Weeks 7 – 12	<p>Cardio – Dynamic Balance to Agility (FUNS Station 6)</p> <p>Cool Down – Static Balance – Seated (FUNS Station 2)</p>	 <ul style="list-style-type: none"> <li>● I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (Level 4)</li> <li>● I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Level 3)</li> <li>● I can help praise and encourage others in their learning (Level 2)</li> </ul>
3	Weeks 13 – 18	<p>Cardio – Dynamic Balance (FUNS Station 5)</p> <p>Cool Down – Coordination – Ball Skills (FUNS Station 9)</p>	 <ul style="list-style-type: none"> <li>● I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions (Level 4)</li> <li>● I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3)</li> <li>● I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> </ul>
4	Weeks 19 – 24	<p>Cool Down – Coordination with Equipment (FUNS Station 8)</p> <p>Cool Down – Counter Balance in Pairs (FUNS Station 7)</p>	 <ul style="list-style-type: none"> <li>● I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging (Level 4)</li> <li>● I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</li> <li>● I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> </ul>
5	Weeks 25 – 30	<p>Cardio – Agility – Reaction/Response (FUNS Station 12)</p> <p>Cool Down – Static Balance – Floor Work (FUNS Station 3)</p>	 <ul style="list-style-type: none"> <li>● I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4)</li> <li>● I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (Level 3)</li> <li>● I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> </ul>
6	Weeks 31 – 36	<p>Cardio - Agility - Ball Chasing (FUNS Station 11)</p> <p>Cool Down - Static Balance – Small Base (FUNS Station 4)</p>	 <ul style="list-style-type: none"> <li>● I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4)</li> <li>● I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down (Level 3)</li> <li>● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> </ul>

# Curriculum Map – Year 4

Unit	Weeks	Fundamental Movement Skill Focus	Other ability focus and Learning Journeys
1	Weeks 1 – 6	<p>Cardio – Coordination – Floor Movement Patterns (FUNS Station 10)</p> <p>Cool Down – Static Balance – One Leg Standing (FUNS Station 1)</p>	 <ul style="list-style-type: none"> <li>● I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4)</li> <li>● I know where I am with my learning and I have begun to challenge myself (Level 3)</li> <li>● I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)</li> </ul>
2	Weeks 7 – 12	<p>Cardio – Dynamic Balance to Agility (FUNS Station 6)</p> <p>Cool Down – Static Balance - Seated (FUNS Station 2)</p>	 <ul style="list-style-type: none"> <li>● I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (Level 4)</li> <li>● I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Level 3)</li> <li>● I can help praise and encourage others in their learning (Level 2)</li> </ul>
3	Weeks 13 – 18	<p>Cardio – Dynamic Balance (FUNS Station 5)</p> <p>Cool Down – Coordination – Ball Skills (FUNS Station 9)</p>	 <ul style="list-style-type: none"> <li>● I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions (Level 4)</li> <li>● I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3)</li> <li>● I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (Level 2)</li> </ul>
4	Weeks 19 – 24	<p>Cool Down – Coordination with Equipment (FUNS Station 8)</p> <p>Cool Down – Counter Balance in Pairs (FUNS Station 7)</p>	 <ul style="list-style-type: none"> <li>● I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging (Level 4)</li> <li>● I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</li> <li>● I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)</li> </ul>
5	Weeks 25 – 30	<p>Cardio – Agility – Reaction/Response (FUNS Station 12)</p> <p>Cool Down – Static Balance – Floor Work (FUNS Station 3)</p>	 <ul style="list-style-type: none"> <li>● I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4)</li> <li>● I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (Level 3)</li> <li>● I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2)</li> </ul>
6	Weeks 31 – 36	<p>Cardio – Agility – Ball Chasing (FUNS Station 11)</p> <p>Cool Down – Static Balance – Small Base (FUNS Station 4)</p>	 <ul style="list-style-type: none"> <li>● I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4)</li> <li>● I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down (Level 3)</li> <li>● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)</li> </ul>

# Curriculum Map – Year 5/6

Unit	Weeks	Fundamental Movement Skill Focus	Other ability focus and Learning Journeys
1	Weeks 1 – 6	<p>Coordination – Ball Skills (FUNS Station 9)</p> <p>Agility – Reaction/Response (FUNS Station 12)</p>	 <ul style="list-style-type: none"> <li>● I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop (Level 6)</li> <li>● I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents (Level 5)</li> <li>● I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions (Level 4)</li> </ul>
2	Weeks 7 – 12	<p>Static Balance – Seated (FUNS Station 2)</p> <p>Static Balance – Floor Work (FUNS Station 3)</p>	 <ul style="list-style-type: none"> <li>● I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience (Level 6)</li> <li>● I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others (Level 5)</li> <li>● I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging (Level 4)</li> </ul>
3	Weeks 13 – 18	<p>Dynamic Balance (FUNS Station 5)</p> <p>Counter Balance in Pairs (FUNS Station 7)</p>	 <ul style="list-style-type: none"> <li>● I can involve others and motivate those around me to perform better (Level 6)</li> <li>● I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately (Level 5)</li> <li>● I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (Level 4)</li> </ul>
4	Weeks 19 – 24	<p>Static Balance – One Leg Standing (FUNS Station 1)</p> <p>Dynamic Balance to Agility (FUNS Station 6)</p>	 <ul style="list-style-type: none"> <li>● I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations (Level 6)</li> <li>● I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations (Level 5)</li> <li>● I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4)</li> </ul>
5	Weeks 25 – 30	<p>Static Balance – Small Base (FUNS Station 4)</p> <p>Coordination – Floor Movement Patterns (FUNS Station 10)</p>	 <ul style="list-style-type: none"> <li>● I can explain how individuals need different types and levels of fitness to be more effective in their activity/ role/event. I can plan and follow my own basic fitness programme (Level 6)</li> <li>● I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity (Level 5)</li> <li>● I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4)</li> </ul>
6	Weeks 31 – 36	<p>Agility – Ball Chasing (FUNS Station 11)</p> <p>Coordination with Equipment (FUNS Station 8)</p>	 <ul style="list-style-type: none"> <li>● I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes (Level 6)</li> <li>● I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets (Level 5)</li> <li>● I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4)</li> </ul>