



















Curriculum Map – Year 3

Unit	Weeks	Fundamental Movement Skill Focus	Other ability focus and Learning Journeys
1	Weeks 1 - 6	Cardio - Coordination – Floor Movement Patterns (FUNS Station 10) Cool Down - Static Balance - One Leg Standing (FUNS Station 1)	 <ul style="list-style-type: none"> ● 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) ● I know where I am with my learning and I have begun to challenge myself (Level 3) ● I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)
2	Weeks 7 – 12	Cardio - Dynamic Balance to Agility (FUNS Station 6) Cool Down - Static Balance - Seated (FUNS Station 2)	 <ul style="list-style-type: none"> ● 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) ● 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) ● I can help praise and encourage others in their learning (Level 2)
3	Weeks 13 - 18	Cardio - Dynamic Balance (FUNS Station 5) Cool Down - Coordination - Ball Skills (FUNS Station 9)	 <ul style="list-style-type: none"> ● 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) ● 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) ● 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)
4	Weeks 19 – 24	Cool Down - Coordination with Equipment (FUNS Station 8) Cool Down - Counter Balance in Pairs (FUNS Station 7)	 <ul style="list-style-type: none"> ● 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) ● 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) ● 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)
5	Weeks 25 – 30	Cardio - Agility - Reaction/Response (FUNS Station 12) Cool Down - Static Balance – Floor Work (FUNS Station 3)	 <ul style="list-style-type: none"> ● 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) ● 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) ● 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)
6	Weeks 31 – 36	Cardio - Agility - Ball Chasing (FUNS Station 11) Cool Down - Static Balance – Small Base (FUNS Station 4)	 <ul style="list-style-type: none"> ● 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) ● 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) ● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)

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"> ● 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) ● I know where I am with my learning and I have begun to challenge myself (Level 3) ● I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)
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"> ● 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) ● 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) ● I can help praise and encourage others in their learning (Level 2)
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"> ● 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) ● 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) ● 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)
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"> ● 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) ● 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) ● 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)
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"> ● 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) ● 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) ● 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)
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"> ● 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) ● 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) ● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2)

Curriculum Map – Year 5/6

Unit	Weeks	Fundamental Movement Skill Focus	Other ability focus and Learning Journeys
1	Weeks 1 – 6	Coordination – Ball Skills (FUNS Station 9) Agility – Reaction/Response (FUNS Station 12)	 <ul style="list-style-type: none"> 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) 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) 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)
2	Weeks 7 – 12	Static Balance – Seated (FUNS Station 2) Static Balance – Floor Work (FUNS Station 3)	 <ul style="list-style-type: none"> I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience (Level 6) 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) 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)
3	Weeks 13 – 18	Dynamic Balance (FUNS Station 5) Counter Balance in Pairs (FUNS Station 7)	 <ul style="list-style-type: none"> I can involve others and motivate those around me to perform better (Level 6) I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately (Level 5) 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)
4	Weeks 19 – 24	Static Balance – One Leg Standing (FUNS Station 1) Dynamic Balance to Agility (FUNS Station 6)	 <ul style="list-style-type: none"> 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) 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) 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)
5	Weeks 25 – 30	Static Balance – Small Base (FUNS Station 4) Coordination – Floor Movement Patterns (FUNS Station 10)	 <ul style="list-style-type: none"> 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) I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity (Level 5) 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)
6	Weeks 31 – 36	Agility – Ball Chasing (FUNS Station 11) Coordination with Equipment (FUNS Station 8)	 <ul style="list-style-type: none"> I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes (Level 6) 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) 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)