

# Curriculum Map



Year 3

Unit	Weeks	Fundamental Movement Skill Focus	Other ability focus and Learning Journeys
1	Weeks 1-6	<p><b>Cardio – Coordination: Floor Movement Patterns</b> (FUNS Station 10)</p> <p><b>Cool Down – Static Balance: One Leg Standing</b> (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><b>Cardio – Dynamic Balance to Agility</b> (FUNS Station 6)</p> <p><b>Cool Down – Static Balance: Seated</b> (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><b>Cardio – Dynamic Balance</b> (FUNS Station 5)</p> <p><b>Cool Down – Coordination: Ball Skills</b> (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><b>Cool Down – Coordination with Equipment</b> (FUNS Station 8)</p> <p><b>Cool Down – Counter Balance in Pairs</b> (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><b>Cardio – Agility: Reaction/Response</b> (FUNS Station 12)</p> <p><b>Cool Down – Static Balance: Floor Work</b> (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><b>Cardio – Agility: Ball Chasing</b> (FUNS Station 11)</p> <p><b>Cool Down – Static Balance: Small Base</b> (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>

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
<b>Lesson 1</b> (Baseline assessment)	Hi Baby! warm-up 	Matching Pairs – establish Personal Best  Balloon Balance – establish Personal Best			Time Shares
<b>Lesson 2</b>	Hi Baby! warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Footwork Games	Static Balance: 1 Leg Standing FUNS Station 1 Challenges	Time Shares
<b>Lesson 3</b>	Hi Baby! warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Follow the Leader game	Static Balance: 1 Leg Standing FUNS Station 1 Challenges	Time Shares
<b>Lesson 4</b>	Race Walking warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Mirroring & Matching game	Mirror Image game	Time Shares
<b>Lesson 5</b>	Race Walking warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Mirror Challenge game	Mirror Challenge game	Time Shares
<b>Lesson 6</b> (Revisit assessment)	Race Walking warm-up 	Matching Pairs – revisit Personal Best  Balloon Balance – revisit Personal Best			Time Shares

# Unit 1

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
<b>Lesson 1</b> (Baseline assessment)	All Change warm-up 	3 Limb Race – establish Personal Best  Getting Around Us – establish Personal Best			Reverse Time shares
<b>Lesson 2</b>	All Change warm-up 	Dynamic Balance (FUNS Station 5) challenges	Follow the Leader game	Coordination: Ball Skills (FUNS Station 9) challenges	Reverse Time shares
<b>Lesson 3</b>	All Change warm-up 	Dynamic Balance (FUNS Station 5) challenges	Raise the Level game	Coordination: Ball Skills (FUNS Station 9) challenges	Reverse Time shares
<b>Lesson 4</b>	To Bank or Not to Bank? warm-up 	Dynamic Balance (FUNS Station 5) challenges	Balance Circuit game	Getting Around Us game	Reverse Time shares
<b>Lesson 5</b>	To Bank or Not to Bank? warm-up 	Dynamic Balance (FUNS Station 5) challenges	Travel and Turn Differently game	All Routes game	Reverse Time shares
<b>Lesson 6</b> (Revisit assessment)	To Bank or Not to Bank? warm-up 	3 Limb Race – revisit Personal Best  Getting Around Us – revisit Personal Best			Reverse Time shares

# Unit 3

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
<b>Lesson 1</b> (Baseline assessment)	Shape Up! warm-up 	Develop Combinations – establish Personal Best  Exchange Objects – establish Personal Best			Roles on a Bus
<b>Lesson 2</b>	Shape Up! warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	Stepping Stones Crossing game	Static Balance: 1 Leg Standing FUNS Station 1 Challenges	Roles on a Bus
<b>Lesson 3</b>	Shape Up! warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	Stepping Stones game	Static Balance: 1 Leg Standing FUNS Station 1 Challenges	Roles on a Bus
<b>Lesson 4</b>	Dice Frenzy warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	Develop Combinations game (cooperative)	Mirror Image game	Roles on a Bus
<b>Lesson 5</b>	Dice Frenzy warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	Follow the Leader game	Mirror Challenge game	Roles on a Bus
<b>Lesson 6</b> (Revisit assessment)	Dice Frenzy warm-up 	Develop Combinations – revisit Personal Best  Exchange Objects – revisit Personal Best			Roles on a Bus

# Unit 2

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
<b>Lesson 1</b> (Baseline assessment)	Like Clockwork warm-up 	Juggle Challenge – establish Personal Best  Roller Ball – establish Personal Best score			Badge of Honour
<b>Lesson 2</b>	Like Clockwork warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	Collect Your Rebound game	Counter Balance in Pairs (FUNS Station 7) Challenges	Badge of Honour
<b>Lesson 3</b>	Like Clockwork warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	Send and Receive in Order game	Counter Balance in Pairs (FUNS Station 7) Challenges	Badge of Honour
<b>Lesson 4</b>	Team Juggling warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	Explore and Compare game	Lean Away game	Badge of Honour
<b>Lesson 5</b>	Team Juggling warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	Collect Different Rebound game	Lean On Me game	Badge of Honour
<b>Lesson 6</b> (Revisit assessment)	Team Juggling warm-up 	Juggle Challenge – revisit Personal Best  Roller Ball – revisit Personal Best			Badge of Honour

# Unit 4

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
<b>Lesson 1</b> (Baseline assessment)	Continuous Relay warm-up 	Quick off the Mark – establish Personal Best  Front Curling – establish Personal Best			Comfort-Stretch-Panic
<b>Lesson 2</b>	Continuous Relay warm-up 	Agility: Reaction/Response (FUNS Station 12) Challenges	Cooperative Challenges game	Static Balance: Floorwork (FUNS Station 3) Challenges	Comfort-Stretch-Panic
<b>Lesson 3</b>	Continuous Relay warm-up 	Agility: Reaction/Response (FUNS Station 12) Challenges	Copy Your Partner game	Static Balance: Floorwork (FUNS Station 3) Challenges	Comfort-Stretch-Panic
<b>Lesson 4</b>	Balloon Champs! (change balloons e.g. to balls) 	Agility: Reaction/Response (FUNS Station 12) Challenges	Link Skills game	Reverse Formation game	Comfort-Stretch-Panic
<b>Lesson 5</b>	Balloon Champs! (change balloons e.g. to balls) 	Agility: Reaction/Response (FUNS Station 12) Challenges	2 Ball Challenge game	Distance Objects game	Comfort-Stretch-Panic
<b>Lesson 6</b> (Revisit assessment)	Balloon Champs! (change balloons e.g. to balls) 	Quick off the Mark – revisit Personal Best  Front Curling – revisit Personal Best			Comfort-Stretch-Panic

# Unit 5

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
<b>Lesson 1</b> (Baseline assessment)	Inside Out warm-up 	Tunnels – establish Personal Best  Balance Transfer – establish Personal Best			Always, Sometimes, Rarely
<b>Lesson 2</b>	Inside Out warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Timing Through Cooperation game	Static Balance: Small Base (FUNS Station 4) Challenges	Always, Sometimes, Rarely
<b>Lesson 3</b>	Inside Out warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Awareness Challenges game	Static Balance: Small Base (FUNS Station 4) Challenges	Always, Sometimes, Rarely
<b>Lesson 4</b>	Rock, Paper, Scissors warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Develop Combinations game	Combinations game Develop Combinations game	Always, Sometimes, Rarely
<b>Lesson 5</b>	Rock, Paper, Scissors warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Grand Prix Qualifying game (adapted for ball chasing)	Mirror Challenge game	Always, Sometimes, Rarely
<b>Lesson 6</b> (Revisit assessment)	Rock, Paper, Scissors warm-up 	Tunnels – establish Personal Best  Balance Transfer – establish Personal Best			Always, Sometimes, Rarely

# Unit 6