

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)

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
Lesson 1 (Baseline assessment)	Hi Baby! warm-up 	Matching Pairs – establish Personal Best			Time Shares
		Balloon Balance – establish Personal Best			
Lesson 2	Hi Baby! warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Select Footwork Patterns game	Static Balance: 1 Leg Standing FUNS Station 1 Challenges	Time Shares
Lesson 3	Hi Baby! warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Task Cards game	Static Balance: 1 Leg Standing FUNS Station 1 Challenges	Time Shares
Lesson 4	Race Walking warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Through the Gates game	Counter Balance game	Time Shares
Lesson 5	Race Walking warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) Challenges	Footwork Assault Course game	Pick Up Put Down game	Time Shares
Lesson 6 (Revisit assessment)	Race Walking warm-up 	Matching Pairs – revisit Personal Best			Time Shares
		Balloon Balance – revisit Personal Best			

Unit 1

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
Lesson 1 (Baseline assessment)	All Change warm-up 	3 Limb Race – establish Personal Best			Reverse Time Shares
		Getting Around Us – establish Personal Best			
Lesson 2	All Change warm-up 	Dynamic Balance (FUNS Station 5) challenges	Go Backwards game	Coordination: Ball Skills (FUNS Station 9) challenges	Reverse Time Shares
Lesson 3	All Change warm-up 	Dynamic Balance (FUNS Station 5) challenges	Mirror/ Match/ Contrast game	Coordination: Ball Skills (FUNS Station 9) challenges	Reverse Time Shares
Lesson 4	To Bank or Not to Bank? warm-up 	Dynamic Balance (FUNS Station 5) challenges	Original Sequence game	Take Giant Strides game	Reverse Time Shares
Lesson 5	To Bank or Not to Bank? warm-up 	Dynamic Balance (FUNS Station 5) challenges	Training Circuit game	Go Around in Circles game	Reverse Time Shares
Lesson 6 (Revisit assessment)	To Bank or Not to Bank? warm-up 	3 Limb Race – revisit Personal Best			Reverse Time Shares
		Getting Around Us – revisit Personal Best			

Unit 3

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
Lesson 1 (Baseline assessment)	Shape Up! warm-up 	Develop Combinations – establish Personal Best			Roles on a Bus
		Exchange Objects – establish Personal Best			
Lesson 2	Shape Up! warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	Stepping Stones Relay game	Static Balance: Seated FUNS Station 2 Challenges	Roles on a Bus
Lesson 3	Shape Up! warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	Perform Sequences game	Static Balance: Seated FUNS Station 2 Challenges	Roles on a Bus
Lesson 4	Dice Frenzy warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	Combinations for Distance game	Seated Tandem Cycling game	Roles on a Bus
Lesson 5	Dice Frenzy warm-up 	Dynamic Balance to Agility (FUNS Station 6) Challenges	5 Jump Combinations game	Order Shapes game	Roles on a Bus
Lesson 6 (Revisit assessment)	Dice Frenzy warm-up 	Develop Combinations – revisit Personal Best			Roles on a Bus
		Exchange Objects – revisit Personal Best			

Unit 2

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
Lesson 1 (Baseline assessment)	Like Clockwork warm-up 	Juggle Challenge – establish Personal Best			Badge of Honour
		Roller Ball – establish Personal Best			
Lesson 2	Like Clockwork warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	2 v 2 Throw Squash game	Counter Balance in Pairs (FUNS Station 7) Challenges	Badge of Honour
Lesson 3	Like Clockwork warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	Send and Receive Circuits game	Counter Balance in Pairs (FUNS Station 7) Challenges	Badge of Honour
Lesson 4	Team Juggling warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	Beat the Buzzer game	Combine and Contrast game	Badge of Honour
Lesson 5	Team Juggling warm-up 	Coordination with Equipment (FUNS Station 8) Challenges	Creative Squash game	Supporting Weight game	Badge of Honour
Lesson 6 (Revisit assessment)	Team Juggling warm-up 	Juggle Challenge – revisit Personal Best			Badge of Honour
		Roller Ball – revisit Personal Best			

Unit 4

Lesson	Warm-up	Cardio FUNS	Skill	Cool Down	Review
Lesson 1 (Baseline assessment)	Continuous Relay warm-up 	Quick off the Mark – establish Personal Best Front Curling – establish Personal Best			Comfort-Stretch-Panic
Lesson 2	Continuous Relay warm-up 	Agility: Reaction/Response (FUNS Station 12) Challenges	Competitive Challenge game	Static Balance: Floorwork (FUNS Station 3) Challenges	Comfort-Stretch-Panic
Lesson 3	Continuous Relay warm-up 	Agility: Reaction/Response (FUNS Station 12) Challenges	Adapt & Respond game	Static Balance: Floorwork (FUNS Station 3) Challenges	Comfort-Stretch-Panic
Lesson 4	Balloon Champs! (change balloons e.g. to balls) 	Agility: Reaction/Response (FUNS Station 12) Challenges	Keep Possession game	Reverse Formation game	Comfort-Stretch-Panic
Lesson 5	Balloon Champs! (change balloons e.g. to balls) 	Agility: Reaction/Response (FUNS Station 12) Challenges	Competitive Challenge 2 game	Front Support Hockey game	Comfort-Stretch-Panic
Lesson 6 (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
Lesson 1 (Baseline FUNS Stations 4 and 11)	Inside Out warm-up 	Tunnels – establish Personal Best Balance Transfer – establish Personal Best			Always, Sometimes, Rarely
Lesson 2	Inside Out warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Timing Through Collaboration game	Static Balance: Small Base (FUNS Station 4) Challenges	Always, Sometimes, Rarely
Lesson 3	Inside Out warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Team Strategy Challenges game	Static Balance: Small Base (FUNS Station 4) Challenges	Always, Sometimes, Rarely
Lesson 4	Rock, Paper, Scissors warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Develop Sequences game	Keep Away v Intercept game	Always, Sometimes, Rarely
Lesson 5	Rock, Paper, Scissors warm-up 	Agility: Ball Chasing (FUNS Station 11) Challenges	Oversee Competition game	Perform Sequences game	Always, Sometimes, Rarely
Lesson 6 (Revisit assessment)	Rock, Paper, Scissors warm-up 	Tunnels – revisit Personal Best Balance Transfer – revisit Personal Best			Always, Sometimes, Rarely

Unit 6