

Curriculum Map



Year 1

Unit Weeks Fundamental Movement Skill Focus Multi-ability Cog Focus & Learning Journeys

		Theme			
1	Weeks 1-3	Coordination: Floor Movement Patterns (FUNS Station 10)	 The Birthday Bike Surprise		<ul style="list-style-type: none"> ● I try several times if at first I don't succeed and I ask for help when appropriate (Level 2) ● I can follow instructions, practise safely and work on simple tasks by myself (Level 1)
	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"> ● I can help praise and encourage others in their learning (Level 2) ● I can work sensibly with others, taking turns and sharing (Level 1)
	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"> ● 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) ● 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)
	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"> ● 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) ● I can explore and describe different movements (Level 1)
	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"> ● 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) ● 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)
	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"> ● I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (Level 2) ● I am aware of why exercise is important for good health (Level 1)
	Weeks 34-36	Static Balance: Floor Work (FUNS Station 3)	 Caspar the Very Clever Cat		

Lesson	Warm-up	Skill	Application	Review
Lesson 1 (Baseline assessment)	I'm Riding on my Bike warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) – Birthday Bike Surprise story	Off for a Ride game	Time Shares
Lesson 2	I'm Riding on my Bike warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) – Birthday Bike Surprise story	Off for a Ride game	Time Shares
Lesson 3	I'm Riding on my Bike warm-up 	Coordination: Floor Movement Patterns (FUNS Station 10) – Birthday Bike Surprise story	Follow the Leader game	Time Shares
Lesson 4	Pirate Adventure warm-up 	Static Balance: 1 Leg Standing (FUNS Station 1) – Pirate Pranks story	Oh! You'll Never Get to Sea song	Time Shares
Lesson 5	Pirate Adventure warm-up 	Static Balance: 1 Leg Standing (FUNS Station 1) – Pirate Pranks story	Popping Pirates game	Time Shares
Lesson 6 (Revisit assessment)	Pirate Adventure warm-up 	Static Balance: 1 Leg Standing (FUNS Station 1) – Pirate Pranks story	Popping Pirates game	Time Shares

Unit 1

Lesson	Warm-up	Skill	Application	Review
Lesson 1 (Baseline assessment)	Puffing Along warm-up 	Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story	Five Little Puffer Trains song	Questions Carousel
Lesson 2	Puffing Along warm-up 	Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story	Five Little Puffer Trains song	Questions Carousel
Lesson 3	Puffing Along warm-up 	Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story	Five Little Puffer Trains song	Questions Carousel
Lesson 4	Line Out warm-up 	Static Balance: Small Base (FUNS Station 4) – Thembi Walks the Tightrope story	Mirror, Mirror on the Wall game	Questions Carousel
Lesson 5	Line Out warm-up 	Static Balance: Small Base (FUNS Station 4) – Thembi Walks the Tightrope story	Mirror, Mirror on the Wall game	Questions Carousel
Lesson 6 (Revisit assessment)	Line Out warm-up 	Static Balance: Small Base (FUNS Station 4) – Thembi Walks the Tightrope story	1 v 1 Balance game	Questions Carousel

Unit 3

Lesson	Warm-up	Skill	Application	Review
Lesson 1 (Baseline assessment)	Moon Adventure warm-up 	Dynamic Balance to Agility (FUNS Station 6) – Journey to the Blue Planet story	I Jumped Aboard a Rocket Ship song	Taps for Congrats
Lesson 2	Moon Adventure warm-up 	Dynamic Balance to Agility (FUNS Station 6) – Journey to the Blue Planet story	I Jumped Aboard a Rocket Ship song	Taps for Congrats
Lesson 3	Moon Adventure warm-up 	Dynamic Balance to Agility (FUNS Station 6) – Journey to the Blue Planet story	Home Planet game	Taps for Congrats
Lesson 4	Fun in the Jungle warm-up 	Static Balance: Seated (FUNS Station 2) – Monkey Business! story	Five Cheeky Monkeys song	Taps for Congrats
Lesson 5	Fun in the Jungle warm-up 	Static Balance: Seated (FUNS Station 2) – Monkey Business! story	Mirror Image – Seated game	Taps for Congrats
Lesson 6 (Revisit assessment)	Fun in the Jungle warm-up 	Static Balance: Seated (FUNS Station 2) – Monkey Business! story	Exchange Objects in 3s game	Taps for Congrats

Unit 2

Lesson	Warm-up	Skill	Application	Review
Lesson 1 (Baseline assessment)	Clown's Naughty Ball warm-up 	Coordination: Ball Skills (FUNS Station 9) – Clowning Around story	Add a Move game	Badge of Honour
Lesson 2	Clown's Naughty Ball warm-up 	Coordination: Ball Skills (FUNS Station 9) – Clowning Around story	Add a Move game	Badge of Honour
Lesson 3	Clown's Naughty Ball warm-up 	Coordination: Ball Skills (FUNS Station 9) – Clowning Around story	Grand Prix Qualifying game	Badge of Honour
Lesson 4	Off to the Seaside warm-up 	Counter Balance in Pairs (FUNS Station 7) – Wendy's Water-ski Challenge story	Hold on Tight song	Badge of Honour
Lesson 5	Off to the Seaside warm-up 	Counter Balance in Pairs (FUNS Station 7) – Wendy's Water-ski Challenge story	The Never-ending Relay Race game	Badge of Honour
Lesson 6 (Revisit assessment)	Off to the Seaside warm-up 	Counter Balance in Pairs (FUNS Station 7) – Wendy's Water-ski Challenge story	Lean on Me game	Badge of Honour

Unit 4

Lesson	Warm-up	Skill	Application	Review
Lesson 1 (Baseline assessment)	Ball Tricks warm-up 	Coordination with Equipment (FUNS Station 8) – John and Jasmine Learn to Juggle story	Bouncing Balls song	Gift Cards
Lesson 2	Ball Tricks warm-up 	Coordination with Equipment (FUNS Station 8) – John and Jasmine Learn to Juggle story	Big Top Time game	Gift Cards
Lesson 3	Ball Tricks warm-up 	Coordination with Equipment (FUNS Station 8) – John and Jasmine Learn to Juggle story	Dice Dance (integrating coordination with equipment) challenges game	Gift Cards
Lesson 4	Magic Bean warm-up 	Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story	Link Skills game	Gift Cards
Lesson 5	Magic Bean warm-up 	Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story	Link Skills game	Gift Cards
Lesson 6 (Revisit assessment)	Magic Bean warm-up 	Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story	Magical Shapes and Letters game	Gift Cards

Unit 5

Lesson	Warm-up	Skill	Application	Review
Lesson 1 (Baseline assessment)	The Hairy, Scary Woods warm-up 	Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story	Collecting Nuts for Winter game	Always, Sometimes, Rarely
Lesson 2	The Hairy, Scary Woods warm-up 	Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story	Collecting Nuts for Winter game	Always, Sometimes, Rarely
Lesson 3	The Hairy, Scary Woods warm-up 	Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story	Develop Combinations game	Always, Sometimes, Rarely
Lesson 4	Little Kitties Time to Play warm-up 	Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story	Casper the Cat song (children moving on all fours)	Always, Sometimes, Rarely
Lesson 5	Little Kitties Time to Play warm-up 	Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story	Pass the Hoop game	Always, Sometimes, Rarely
Lesson 6 (Revisit assessment)	Little Kitties Time to Play warm-up 	Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story	Distance Objects game	Always, Sometimes, Rarely

Unit 6