

# Curriculum Map

## Foundation Stage



### Multi-ability Cog Focus & Learning Journeys

u Exceeding   n Expected   s Working towards

#### Unit 1



- I can follow instructions, practise safely and work on simple tasks by myself u
- I enjoy working on simple tasks with help n

#### Unit 2



- I can work sensibly with others, taking turns and sharing u
- I can play with others and take turns and share with help n

#### Unit 3



- I can understand and follow simple rules and can name some things I am good at u
- I can follow simple instructions n

#### Unit 4



- I can explore and describe different movements u
- I can observe and copy others n

#### Unit 5



- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together u
- I can move confidently in different ways n

#### Unit 6



- I am aware of why exercise is important for good health u
- I am aware of the changes to the way I feel when I exercise n

### Weeks

### Fundamental Movement Skill Focus

### Theme

1-3

Coordination:  
Footwork  
(FUNS Station 10)



The Birthday Bike Surprise

4-6

Static Balance:  
One Leg  
(FUNS Station 1)



Pirate Pranks!

7-9

Dynamic Balance to Agility:  
Jumping and Landing  
(FUNS Station 6)



Journey to the Blue Planet

10-12

Static Balance:  
Seated  
(FUNS Station 2)



Monkey Business!

13-15

Dynamic Balance:  
On a Line  
(FUNS Station 5)



Tilly the Train's Big Day

16-18

Static Balance:  
Stance  
(FUNS Station 4)



Thembi Walks the Tightrope

19-21

Coordination:  
Ball Skills  
(FUNS Station 9)



Clowning Around!

22-24

Counter Balance:  
With a Partner  
(FUNS Station 7)



Wendy's Water-ski Challenge

25-27

Coordination:  
Sending and Receiving  
(FUNS Station 8)



John and Jasmine Learn to Juggle

28-30

Agility:  
Reaction/Response  
(FUNS Station 12)



Ringo to the Rescue

31-33

Agility:  
Ball Chasing  
(FUNS Station 11)



Sammy Squirrel and his Rolling Nuts

34-36

Static Balance:  
Floor Work  
(FUNS Station 3)



Caspar the Very Clever Cat

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

# Unit 1

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Puffing Along	Dynamic Balance: On a Line (FUNS 5) – Exploring Movements	Five Little Puffer Trains song	Questions Carousel
2	Puffing Along	Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Five Little Puffer Trains song	Questions Carousel
3	Puffing Along	Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Puffing Along game	Questions Carousel
4	Line Out	Static Balance: Stance (FUNS 4) – Exploring Movements	Children on a Rope song	Questions Carousel
5	Line Out	Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Children on a Rope song	Questions Carousel
6 (Revisit assessment)	Line Out	Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Mirror, Mirror on the Wall game	Questions Carousel







# Unit 3

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Moon Adventure	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Exploring Movements	I Jumped Aboard a Rocket Ship song	Taps for Congrats
2	Moon Adventure	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Journey to the Blue Planet	I Jumped Aboard a Rocket Ship song	Taps for Congrats
3	Moon Adventure	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Journey to the Blue Planet	Home Planet game	Taps for Congrats
4	Fun in the Jungle	Static Balance: Seated (FUNS 2) – Exploring Movements	Five Cheeky Monkeys song	Taps for Congrats
5	Fun in the Jungle	Static Balance: Seated (FUNS 2) – Monkey Business!	Five Cheeky Monkeys song	Taps for Congrats
6 (Revisit assessment)	Fun in the Jungle	Static Balance: Seated (FUNS 2) – Monkey Business!	Cheeky Monkey Says game	Taps for Congrats







# Unit 2

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Clown's Naughty Ball	Coordination: Ball Skills (FUNS 9) – Exploring Movements	Shoulders, Tummy, Knees and Toes song	Badge of Honour
2	Clown's Naughty Ball	Coordination: Ball Skills (FUNS 9) – Clowning Around	Shoulders, Tummy, Knees and Toes song	Badge of Honour
3	Clown's Naughty Ball	Coordination: Ball Skills (FUNS 9) – Clowning Around	Add a Move game	Badge of Honour
4	Off to the Seaside	Counter Balance: With a Partner (FUNS 7) – Exploring Movements	Hold on Tight song	Badge of Honour
5	Off to the Seaside	Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	Hold on Tight song	Badge of Honour
6 (Revisit assessment)	Off to the Seaside	Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	The Never-ending Relay Race game	Badge of Honour

# Unit 4

Lesson	Warm-up	Skill	Application	Review
<b>1</b> (Baseline assessment)	Big Top Time 	<b>Coordination:</b> Sending and Receiving (FUNS 8) – Exploring Movements	Big Top Time game	Gift Cards
<b>2</b>	Big Top Time 	<b>Coordination:</b> Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Big Top Time game	Gift Cards
<b>3</b>	Big Top Time 	<b>Coordination:</b> Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Dice Dance game (integrating sending and receiving activities)	Gift Cards
<b>4</b>	Magic Bean 	<b>Agility:</b> Reaction/Response (FUNS 12) – Exploring Movements	RINGO song (with clap and sit down/stand up/turn around)	Gift Cards
<b>5</b>	Magic Bean 	<b>Agility:</b> Reaction/Response (FUNS 12) – Ringo to the Rescue	RINGO song (with clap and sit down/stand up/turn around)	Gift Cards
<b>6</b> (Revisit assessment)	Magic Bean 	<b>Agility:</b> Reaction/Response (FUNS 12) – Ringo to the Rescue	Dice Dance game (integrating agility activities)	Gift Cards

# Unit 5

Lesson	Warm-up	Skill	Application	Review
<b>1</b> (Baseline assessment)	The Hairy, Scary Woods 	<b>Agility:</b> Ball Chasing (FUNS 11) – Exploring Movements	TwoCheeky Squirrels song	Always, Sometimes, Rarely
<b>2</b>	The Hairy, Scary Woods 	<b>Agility:</b> Ball Chasing (FUNS 11) – Sammy Squirrel and his Rolling Nuts	TwoCheeky Squirrels song	Always, Sometimes, Rarely
<b>3</b>	The Hairy, Scary Woods 	<b>Agility:</b> Ball Chasing (FUNS 11) – Sammy Squirrel and his Rolling Nuts	Collecting Nuts for Winter game	Always, Sometimes, Rarely
<b>4</b>	Little Kitties Time to Play 	<b>Static Balance:</b> Floor Work (FUNS 3) – Exploring Movements	Hungry, Hungry Caspar Cat song (children moving on all 4s)	Always, Sometimes, Rarely
<b>5</b>	Little Kitties Time to Play 	<b>Static Balance:</b> Floor Work (FUNS 3) – Casper the Very Clever Cat	Hungry, Hungry Caspar Cat song (children moving on all 4s)	Always, Sometimes, Rarely
<b>6</b> (Revisit assessment)	Little Kitties Time to Play 	<b>Static Balance:</b> Floor Work (FUNS 3) – Casper the Very Clever Cat	Pass the Hoop game	Always, Sometimes, Rarely

# Unit 6



# Curriculum Map

Year 1



## Multi-ability Cog Focus & Learning Journeys

u Exceeding n Expected s Working towards

### Unit 1



- I try several times if at first I don't succeed and I ask for help when appropriate u
- I can follow instructions, practise safely and work on simple tasks by myself n
- I enjoy working on simple tasks with help s

### Unit 2



- I can help praise and encourage others in their learning u
- I can work sensibly with others, taking turns and sharing n
- I can play with others and take turns and share with help s

### Unit 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 u
- I can understand and follow simple rules and can name some things I am good at n
- I can follow simple instructions s

### Unit 4



- I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme u
- I can explore and describe different movements n
- I can observe and copy others s

### Unit 5



- 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 u
- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together n
- I can move confidently in different ways s

### Unit 6



- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely u
- I am aware of why exercise is important for good health n
- I am aware of the changes to the way I feel when I exercise s

## Weeks

## Fundamental Movement Skill Focus

## Theme

1-3

Coordination:  
Footwork  
(FUNS Station 10)



The Birthday Bike Surprise

4-6

Static Balance:  
One Leg  
(FUNS Station 1)



Pirate Pranks!

7-9

Dynamic Balance to Agility:  
Jumping and Landing  
(FUNS Station 6)



Journey to the Blue Planet

10-12

Static Balance:  
Seated  
(FUNS Station 2)



Monkey Business!

13-15

Dynamic Balance:  
On a Line  
(FUNS Station 5)



Tilly the Train's Big Day

16-18

Static Balance:  
Stance  
(FUNS Station 4)



Thembi Walks the Tightrope

19-21

Coordination:  
Ball Skills  
(FUNS Station 9)



Clowning Around!

22-24

Counter Balance:  
With a Partner  
(FUNS Station 7)



Wendy's Water-ski Challenge

25-27

Coordination:  
Sending and Receiving  
(FUNS Station 8)



John and Jasmine Learn to Juggle

28-30

Agility:  
Reaction/Response  
(FUNS Station 12)



Ringo to the Rescue

31-33

Agility:  
Ball Chasing  
(FUNS Station 11)



Sammy Squirrel and his Rolling Nuts

34-36

Static Balance:  
Floor Work  
(FUNS Station 3)



Caspar the Very Clever Cat

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

Unit 1

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







Unit 2

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






Unit 3

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

Unit 4

Lesson	Warm-up	Skill	Application	Review
<b>1</b> (Baseline assessment)	Ball Tricks 	<b>Coordination:</b> Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Bouncing Balls song	Gift Cards
<b>2</b>	Ball Tricks 	<b>Coordination:</b> Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Big Top Time game	Gift Cards
<b>3</b>	Ball Tricks 	<b>Coordination:</b> Sending and Receiving (FUNS 8) – John and Jasmine Learn to Juggle	Dice Dance game (integrating sending and receiving activities)	Gift Cards
<b>4</b>	Magic Bean 	<b>Agility:</b> Reaction/Response (FUNS 12) – Ringo to the Rescue	LinkSkills game	Gift Cards
<b>5</b>	Magic Bean 	<b>Agility:</b> Reaction/Response (FUNS 12) – Ringo to the Rescue	LinkSkills game	Gift Cards
<b>6</b> (Revisit assessment)	Magic Bean 	<b>Agility:</b> Reaction/Response (FUNS 12) – Ringo to the Rescue	Magical Shapes and Letters game	Gift Cards

# Unit 5

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

# Unit 6



# Curriculum Map

Year 2



## Multi-ability Cog Focus & Learning Journeys

u Exceeding    n Expected    s Working towards

### Unit 1



- I know where I am with my learning and I have begun to challenge myself u
- I try several times if at first I don't succeed and I ask for help when appropriate n
- I can follow instructions, practise safely and work on simple tasks by myself s

### Unit 2



- I show patience and support to others, listening well to them about our work. I am happy to show and tell them about my ideas u
- I can help praise and encourage others in their learning n
- I can work sensibly with others, taking turns and sharing s

### Unit 3



- 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 u
- 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 n
- I can understand and follow simple rules and can name some things I am good at s

### Unit 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 u
- I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme n
- I can explore and describe different movements s

### Unit 5



- 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 u
- 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 n
- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together s

### Unit 6



- 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 u
- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely n
- I am aware of why exercise is important for good health s

## Weeks

## Fundamental Movement Skill Focus

1-3

**Coordination:**  
**Footwork**  
(FUNS Station 10)

4-6

**Static Balance:**  
**One Leg**  
(FUNS Station 1)

7-9

**Dynamic Balance to Agility:**  
**Jumping and Landing**  
(FUNS Station 6)

10-12

**Static Balance:**  
**Seated**  
(FUNS Station 2)

13-15

**Dynamic Balance:**  
**On a Line**  
(FUNS Station 5)

16-18

**Static Balance:**  
**Stance**  
(FUNS Station 4)

19-21

**Coordination:**  
**Ball Skills**  
(FUNS Station 9)

22-24

**Counter Balance:**  
**With a Partner**  
(FUNS Station 7)

25-27

**Coordination:**  
**Sending and Receiving**  
(FUNS Station 8)

28-30

**Agility:**  
**Reaction/Response**  
(FUNS Station 12)

31-33

**Agility:**  
**Ball Chasing**  
(FUNS Station 11)

34-36

**Static Balance:**  
**Floor Work**  
(FUNS Station 3)

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Rock, Paper Scissors	Coordination: Footwork (FUNS 10) – Challenges	Matching Pairs	Time Shares
2	Rock, Paper Scissors	Coordination: Footwork (FUNS 10) – Challenges	Follow the Leader	Time Shares
3	Rock, Paper Scissors	Coordination: Footwork (FUNS 10) – Challenges	Matching Pairs	Time Shares
4	Stuck in the Mud	Static Balance: One Leg (FUNS 1) – Challenges	Balloon Balance	Time Shares
5	Stuck in the Mud	Static Balance: One Leg (FUNS 1) – Challenges	Mirror Image	Time Shares
6 (Revisit assessment)	Stuck in the Mud	Static Balance: One Leg (FUNS 1) – Challenges	Balloon Balance	Time Shares

Unit 1

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Race Walking	Dynamic Balance: On a Line (FUNS 5) – Challenges	Balance Circuit	Questions Carousel
2	Race Walking	Dynamic Balance: On a Line (FUNS 5) – Challenges	Rock, Paper, Scissors (adapted)	Questions Carousel
3	Race Walking	Dynamic Balance: On a Line (FUNS 5) – Challenges	Balance Circuit	Questions Carousel
4	Line Out	Static Balance: Stance (FUNS 4) – Challenges	Balance Transfer (competitive)	Questions Carousel
5	Line Out	Static Balance: Stance (FUNS 4) – Challenges	Develop Combinations	Questions Carousel
6 (Revisit assessment)	Line Out	Static Balance: Stance (FUNS 4) – Challenges	Balance Transfer (competitive)	Questions Carousel

Unit 3

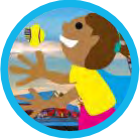
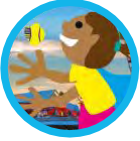
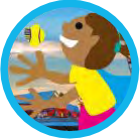



Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (competitive)	Taps for Congrats
2	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (cooperative)	Taps for Congrats
3	Stepping Stones	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (competitive)	Taps for Congrats
4	Find & Select Shapes	Static Balance: Seated (FUNS 2) – Challenges	Mirror Image	Taps for Congrats
5	Find & Select Shapes	Static Balance: Seated (FUNS 2) – Challenges	Exchange Objects in 4s (cooperative)	Taps for Congrats
6 (Revisit assessment)	Find & Select Shapes	Static Balance: Seated (FUNS 2) – Challenges	Exchange Objects (competitive)	Taps for Congrats

Unit 2


Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Grand Prix	Coordination: Ball Skills (FUNS 9) – Challenges	Getting Around Us (cooperative)	Badge of Honour
2	Grand Prix	Coordination: Ball Skills (FUNS 9) – Challenges	All Routes	Badge of Honour
3	Grand Prix	Coordination: Ball Skills (FUNS 9) – Challenges	Getting Around Us (competitive)	Badge of Honour
4	On the Mat	Counter Balance: With a Partner (FUNS 7) – Challenges	Rollerball	Badge of Honour
5	On the Mat	Counter Balance: With a Partner (FUNS 7) – Challenges	Lean Away	Badge of Honour
6 (Revisit assessment)	On the Mat	Counter Balance: With a Partner (FUNS 7) – Challenges	Rollerball	Badge of Honour

Unit 4



Lesson	Warm-up	Skill	Application	Review
<b>1</b> (Baseline assessment)	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Your Rebound	Gift Cards
<b>2</b>	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Juggle Challenge	Gift Cards
<b>3</b>	Ball Tricks 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Beat the Buzzer	Gift Cards
<b>4</b>	Ball Handling 	Agility: Reaction/Response (FUNS 12) – Challenges	Quick off the Mark	Gift Cards
<b>5</b>	Ball Handling 	Agility: Reaction/Response (FUNS 12) – Challenges	Copy Your Partner	Gift Cards
<b>6</b> (Revisit assessment)	Ball Handling 	Agility: Reaction/Response (FUNS 12) – Challenges	Cooperative Challenges	Gift Cards

# Unit 5

Lesson	Warm-up	Skill	Application	Review
<b>1</b> (Baseline assessment)	Scramble Madness 	Agility: Ball Chasing (FUNS 11) – Challenges	Tunnels	Always, Sometimes, Rarely
<b>2</b>	Scramble Madness 	Agility: Ball Chasing (FUNS 11) – Challenges	Develop Combinations	Always, Sometimes, Rarely
<b>3</b>	Scramble Madness 	Agility: Ball Chasing (FUNS 11) – Challenges	Tunnels	Always, Sometimes, Rarely
<b>4</b>	The Hairy, Scary Woods 	Static Balance: Floor Work (FUNS 3) – Challenges	Front Curling	Always, Sometimes, Rarely
<b>5</b>	The Hairy, Scary Woods 	Static Balance: Floor Work (FUNS 3) – Challenges	Reverse Formation	Always, Sometimes, Rarely
<b>6</b> (Revisit assessment)	The Hairy, Scary Woods 	Static Balance: Floor Work (FUNS 3) – Challenges	Front Curling	Always, Sometimes, Rarely

# Unit 6

# Curriculum Map

Year 3



## Multi-ability Cog Focus & Learning Journeys

u Exceeding    n Expected    s Working towards

### Unit 1



- 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 u
- I know where I am with my learning and I have begun to challenge myself n
- I try several times if at first I don't succeed and I ask for help when appropriate s

### Unit 2



- 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 u
- I show patience and support to others, listening well to them about our work. I am happy to show and tell them about my ideas n
- I can help praise and encourage others in their learning s

### Unit 3



- 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 u
- 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 n
- 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 s

### Unit 4



- 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 u
- 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 n
- I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme s

### Unit 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 u
- 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 n
- 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 s

### Unit 6



- 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 u
- 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 n
- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely s

## Weeks

## Fundamental Movement Skill Focus

1-6

**Skill – Coordination:**  
**Footwork**  
**(FUNS Station 10)**

**Cool Down – Static Balance:**  
**One Leg**  
**(FUNS Station 1)**

7-12

**Skill – Dynamic Balance to Agility:**  
**Jumping and Landing**  
**(FUNS Station 6)**

**Cool Down – Static Balance:**  
**Seated**  
**(FUNS Station 2)**

13-18

**Skill – Dynamic Balance:**  
**On a Line**  
**(FUNS Station 5)**

**Cool Down – Coordination:**  
**Ball Skills**  
**(FUNS Station 9)**

19-24

**Skill – Coordination:**  
**Sending and Receiving**  
**(FUNS Station 8)**

**Cool Down – Counter Balance:**  
**With a Partner**  
**(FUNS Station 7)**

25-30

**Skill – Agility:**  
**Reaction/Response**  
**(FUNS Station 12)**

**Cool Down – Static Balance:**  
**Floor Work**  
**(FUNS Station 3)**

31-36

**Skill – Agility:**  
**Ball Chasing**  
**(FUNS Station 11)**

**Cool Down – Static Balance:**  
**Stance**  
**(FUNS Station 4)**

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Hi Baby!	Matching Pairs – Personal Best Challenge			Time Shares
2	Hi Baby!	Balloon Balance – Personal Best Challenge			Time Shares
3	Hi Baby!	Coordination: Footwork (FUNS 10) – Challenges	Footwork Games	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
4	Race Walking	Coordination: Footwork (FUNS 10) – Challenges	Follow the Leader	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
5	Race Walking	Coordination: Footwork (FUNS 10) – Challenges	Mirroring & Matching	Mirror Image	Time Shares
6 (Revisit assessment)	Race Walking	Coordination: Footwork (FUNS 10) – Challenges	Mirror Challenge	Mirror Challenge	Time Shares
		Matching Pairs – revisit Personal Best Challenge			Time Shares
		Balloon Balance – revisit Personal Best Challenge			Time Shares

Unit 1

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	AllChange	3 Limb Race – Personal Best Challenge			Reverse Time shares
2	AllChange	Getting Around Us – Personal Best Challenge			Reverse Time shares
3	AllChange	Dynamic Balance: On a Line (FUNS 5)– Challenges	Follow the Leader	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time shares
4	To Bank or Not to Bank?	Dynamic Balance: On a Line (FUNS 5)– Challenges	Raise the Level	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time shares
5	To Bank or Not to Bank?	Dynamic Balance: On a Line (FUNS 5)– Challenges	Balance Circuit	Getting Around Us	Reverse Time shares
6 (Revisit assessment)	To Bank or Not to Bank?	Dynamic Balance: On a Line (FUNS 5)– Challenges	Travel and Turn Differently	All Routes	Reverse Time shares
		3 Limb Race – revisit Personal Best Challenge			Reverse Time shares
		Getting Around Us – revisit Personal Best Challenge			Reverse Time shares

Unit 3







Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Shape Up!	Develop Combinations – Personal Best Challenge			Roles on a Bus
2	Shape Up!	Exchange Objects – Personal Best Challenge			Roles on a Bus
3	Shape Up!	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones Crossing	Static Balance: Seated (FUNS 2)– Challenges	Roles on a Bus
4	Dice Frenzy	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones	Static Balance: Seated (FUNS 2)– Challenges	Roles on a Bus
5	Dice Frenzy	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (cooperative)	Find and Select Shapes	Roles on a Bus
6 (Revisit assessment)	Dice Frenzy	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Follow the Leader	Exchange Objects in 4s	Roles on a Bus
		Develop Combinations – revisit Personal Best Challenge			Roles on a Bus
		Exchange Objects – revisit Personal Best Challenge			Roles on a Bus

Unit 2







Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Like Clockwork	Juggle Challenge – Personal Best Challenge			Badge of Honour
2	Like Clockwork	Roller Ball – Personal Best Challenge			Badge of Honour
3	Like Clockwork	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Your Rebound	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
4	Team Juggling	Coordination: Sending and Receiving (FUNS 8) – Challenges	Send and Receive in Order	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
5	Team Juggling	Coordination: Sending and Receiving (FUNS 8) – Challenges	Explore and Compare	Lean Away	Badge of Honour
6 (Revisit assessment)	Team Juggling	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Different Rebound	Lean On Me	Badge of Honour
		Juggle Challenge – revisit Personal Best Challenge			Badge of Honour
		Roller Ball– revisit Personal Best Challenge			Badge of Honour

Unit 4



Lesson	Warm-up	Skill	Application	Cool Down	Review
<b>1</b> (Baseline assessment)	Continuous Relay 	Quick off the Mark – Personal Best Challenge  Front Curling – Personal Best Challenge			Comfort, Stretch, Panic
<b>2</b>	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Cooperative Challenges	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
<b>3</b>	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Copy Your Partner	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
<b>4</b>	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Link Skills	Reverse Formation	Comfort, Stretch, Panic
<b>5</b>	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	2 Ball Challenge	Distance Objects	Comfort, Stretch, Panic
<b>6</b> (Revisit assessment)	Balloon Champs! (using balls) 	Quick off the Mark – revisit Personal Best Challenge  Front Curling – revisit Personal Best Challenge			Comfort, Stretch, Panic

# Unit 5

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

# Unit 6

# Curriculum Map

Year 4



## Multi-ability Cog Focus & Learning Journeys

u Exceeding    n Expected    s Working towards

### Unit 1



- 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 u
- I know where I am with my learning and I have begun to challenge myself n
- I try several times if at first I don't succeed and I ask for help when appropriate s

### Unit 2



- 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 u
- I show patience and support to others, listening well to them about our work. I am happy to show and tell them about my ideas n
- I can help praise and encourage others in their learning s

### Unit 3



- 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 u
- 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 n
- 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 s

### Unit 4



- 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 u
- 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 n
- I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme s

### Unit 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 u
- 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 n
- 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 s

### Unit 6



- 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 u
- 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 n
- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely s

## Weeks

## Fundamental Movement Skill Focus

1-6

**Skill – Coordination:**  
**Footwork**  
**(FUNS Station 10)**

**Cool Down – Static Balance:**  
**One Leg**  
**(FUNS Station 1)**

7-12

**Skill – Dynamic Balance to Agility:**  
**Jumping and Landing**  
**(FUNS Station 6)**

**Cool Down – Static Balance:**  
**Seated**  
**(FUNS Station 2)**

13-18

**Skill – Dynamic Balance:**  
**On a Line**  
**(FUNS Station 5)**

**Cool Down – Coordination:**  
**Ball Skills**  
**(FUNS Station 9)**

19-24

**Skill – Coordination:**  
**Sending and Receiving**  
**(FUNS Station 8)**

**Cool Down – Counter Balance:**  
**With a Partner**  
**(FUNS Station 7)**

25-30

**Skill – Agility:**  
**Reaction/Response**  
**(FUNS Station 12)**

**Cool Down – Static Balance:**  
**Floor Work**  
**(FUNS Station 3)**

31-36

**Skill – Agility:**  
**Ball Chasing**  
**(FUNS Station 11)**

**Cool Down – Static Balance:**  
**Stance**  
**(FUNS Station 4)**

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

Unit 1

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	AllChange	3 Limb Race – Personal Best Challenge			Reverse Time Shares
2	AllChange	Getting Around Us – Personal Best Challenge			Reverse Time Shares
3	AllChange	Dynamic Balance: On a Line (FUNS 5)– Challenges	Go Backwards	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time Shares
4	To Bankor Not to Bank?	Dynamic Balance: On a Line (FUNS 5)– Challenges	Mirror/ Match/ Contrast	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time Shares
5	To Bankor Not to Bank?	Dynamic Balance: On a Line (FUNS 5)– Challenges	Original Sequence	Take Giant Strides g	Reverse Time Shares
6 (Revisit assessment)	To Bankor Not to Bank?	Dynamic Balance: On a Line (FUNS 5)– Challenges	Training Circuit	Go Around in Circles	Reverse Time Shares
3 Limb Race – revisit Personal Best Challenge					Reverse Time Shares
Getting Around Us – revisit Personal Best Challenge					Reverse Time Shares

Unit 3







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

Unit 2







Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Like Clockwork	Juggle Challenge – Personal Best Challenge			Badge of Honour
2	Like Clockwork	Roller Ball – Personal Best Challenge			Badge of Honour
3	Like Clockwork	Coordination: Sending and Receiving (FUNS 8) – Challenges	2 v 2 Throw Squash	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
4	Team Juggling	Coordination: Sending and Receiving (FUNS 8) – Challenges	Send and Receive Circuits	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
5	Team Juggling	Coordination: Sending and Receiving (FUNS 8) – Challenges	Beat the Buzzer	Combine and Contrast	Badge of Honour
6 (Revisit assessment)	Team Juggling	Coordination: Sending and Receiving (FUNS 8) – Challenges	Creative Squash	Supporting Weight	Badge of Honour
Juggle Challenge – revisit Personal Best Challenge					Badge of Honour
Roller Ball – revisit Personal Best Challenge					Badge of Honour

Unit 4



Lesson	Warm-up	Skill	Application	Cool Down	Review
<b>1</b> (Baseline assessment)	Continuous Relay 	Quick off the Mark – Personal Best Challenge  Front Curling – Personal Best Challenge			Comfort, Stretch, Panic
<b>2</b>	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Competitive Challenge	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
<b>3</b>	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Adapt & Respond	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
<b>4</b>	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Keep Possession	Reverse Formation	Comfort, Stretch, Panic
<b>5</b>	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Competitive Challenge 2	Front Support Hockey	Comfort, Stretch, Panic
<b>6</b> (Revisit assessment)	Balloon Champs! (using balls) 	Quick off the Mark – revisit Personal Best Challenge  Front Curling – revisit Personal Best Challenge			Comfort, Stretch, Panic

# Unit 5

Lesson	Warm-up	Skill	Application	Cool Down	Review
<b>1</b> (Baseline assessment)	Inside Out 	Tunnels – Personal Best Challenge  Balance Transfer – Personal Best Challenge			Always, Sometimes, Rarely
<b>2</b>	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Timing Through Collaboration	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
<b>3</b>	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Team Strategy Challenges	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
<b>4</b>	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Develop Sequences	Keep Away v Intercept	Always, Sometimes, Rarely
<b>5</b>	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Oversee Competition	Perform Sequences	Always, Sometimes, Rarely
<b>6</b> (Revisit assessment)	Rock, Paper, Scissors 	Tunnels – revisit Personal Best Challenge  Balance Transfer – revisit Personal Best Challenge			Always, Sometimes, Rarely

# Unit 6

# Curriculum Map

Year 5/6



## Multi-ability Cog Focus & Learning Journeys

u Exceeding    n Expected    s Working towards

### Unit 1



- 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 u+
- 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 u
- 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 n

### Unit 2



- I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience u+
- 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 u
- 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 n

### Unit 3



- I can involve others and motivate those around me to perform better u+
- I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately u
- 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 n

### Unit 4



- 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 u+
- I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations u
- 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 n

### Unit 5



- 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 u+
- I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity u
- 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 n

### Unit 6



- I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes u+
- I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets u
- 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 n

## Weeks

## Fundamental Movement Skill Focus

1-6

**Coordination:**  
**Ball Skills**  
(FUNS Station 9)  
**Agility:**  
**Reaction/Response**  
(FUNS Station 12)

7-12

**Static Balance:**  
**Seated**  
(FUNS Station 2)  
**Static Balance:**  
**Floor Work**  
(FUNS Station 3)

13-18

**Dynamic Balance:**  
**On a Line**  
(FUNS Station 5)  
**Counter Balance:**  
**With a Partner**  
(FUNS Station 7)

19-24









**Static Balance:**  
**One Leg**  
(FUNS Station 1)  
**Dynamic Balance to Agility:**  
**Jumping and Landing**  
(FUNS Station 6)

25-30

**Static Balance:**  
**Stance**  
(FUNS Station 4)  
**Coordination:**  
**Footwork**  
(FUNS Station 10)

31-36









**Agility:**  
**Ball Chasing**  
(FUNS Station 11)  
**Coordination:**  
**Sending and Receiving**  
(FUNS Station 8)

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Hi Baby!	Throw Tennis 	Coordination: Ball Skills (FUNS 9) – Challenges	Throw Tennis	Secret Stats
2		Throw Tennis 	Agility: Reaction/Response (FUNS 12) – Challenges	Throw Tennis	Secret Stats
3		Throw Tennis 	Ladder Tournament		Secret Stats
4		Endball 	Coordination: Ball Skills (FUNS 9) – Challenges	Endball	Secret Stats
5		Endball 	Agility: Reaction/Response (FUNS 12) – Challenges	Endball	Secret Stats
6 (Revisit assessment)		Endball 	Round Robin Tournament		Secret Stats









Unit 1

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Shape Up	River Crossing 	Dynamic Balance: On a Line (FUNS 5) – Challenges	River Crossing	Roles on a Bus
2		River Crossing 	Counter Balance: With a Partner (FUNS 7) – Challenges	River Crossing	Roles on a Bus
3		River Crossing 	Levelling the Playing Field competition		Roles on a Bus
4		Kabadi 	Dynamic Balance: On a Line (FUNS 5) – Training Circuit	Kabadi	Roles on a Bus
5		Kabadi 	Counter Balance: With a Partner (FUNS 7) – Challenges	Kabadi	Roles on a Bus
6 (Revisit assessment)		Kabadi 	Round Robin Tournament with Secret Stats (bonus points for selected Social Skills)		Roles on a Bus

Unit 3









Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Like Clockwork	Seated Volleyball 	Static Balance: Seated (FUNS 2) – Challenges	Seated Volleyball	Badge of Honour
2		Seated Volleyball 	Static Balance: Floor Work (FUNS 3) – Challenges	Seated Volleyball	Badge of Honour
3		Seated Volleyball 	Bump Ladder Tournament		Badge of Honour
4		Scorpion Handball 	Static Balance: Seated (FUNS 2) – Challenges	Scorpion Handball	Badge of Honour
5		Scorpion Handball 	Static Balance: Floor Work (FUNS 3) – Challenges	Scorpion Handball	Badge of Honour
6 (Revisit assessment)		Scorpion Handball 	Round Robin Tournament		Badge of Honour

Unit 2


Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	AllChange	Jumpball 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Jumpball	Comfort, Stretch, Panic
2		Jumpball 	Static Balance: One Leg (FUNS 1) – Challenges	Jumpball	Comfort, Stretch, Panic
3		Jumpball 	Round Robin Tournament		Comfort, Stretch, Panic
4		Jump, Roll, Balance 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Jump, Roll, Balance	Comfort, Stretch, Panic
5		Jump, Roll, Balance 	Static Balance: One Leg (FUNS 1) – Challenges	Jump, Roll, Balance	Comfort, Stretch, Panic
6 (Revisit assessment)		Jump, Roll, Balance 	Competition - scored on performance against agreed criteria (to include non-physical aspect)		Comfort, Stretch, Panic

Unit 4



Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
<b>1</b> (Baseline assessment)	Continuous Relay	Beanbag Raid 	Static Balance: Stance (FUNS 4) – Challenges	Beanbag Raid	Gift Cards
<b>2</b>	Continuous Relay	Beanbag Raid 	Coordination: Footwork (FUNS 10) – Challenges	Beanbag Raid	Gift Cards
<b>3</b>	Continuous Relay	Beanbag Raid 	Continuous Knockout Tournament		Gift Cards
<b>4</b>	Continuous Relay	Dodgeball 	Static Balance: Stance (FUNS 4) – Challenges	Dodgeball	Gift Cards
<b>5</b>	Continuous Relay	Dodgeball 	Coordination: Footwork (FUNS 10) – Challenges	Dodgeball	Gift Cards
<b>6</b> (Revisit assessment)	Continuous Relay	Dodgeball 	Ladder Tournament		Gift Cards

# Unit 5

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
<b>1</b> (Baseline assessment)	Inside Out	Throlf 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Throlf	Always, Sometimes, Rarely
<b>2</b>	Inside Out	Throlf 	Agility: Ball Chasing (FUNS 11) – Challenges	Throlf	Always, Sometimes, Rarely
<b>3</b>	Inside Out	Throlf 	Levelling the Playing Field Tournament (handicap)		Always, Sometimes, Rarely
<b>4</b>	Inside Out	Scatterball 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Scatterball	Always, Sometimes, Rarely
<b>5</b>	Inside Out	Scatterball 	Agility: Ball Chasing (FUNS 11) – Challenges	Scatterball	Always, Sometimes, Rarely
<b>6</b> (Revisit assessment)	Inside Out	Scatterball 	Tournament - Knockouts to seed 4 teams (mixed ability)		Always, Sometimes, Rarely

# Unit 6