

Curriculum Map

Year 1



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Unit 1



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

Unit 2



- I can help praise and encourage others in their learning ◆
- I can work sensibly with others, taking turns and sharing ■
- I can play with others and take turns and share with help ▲

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 ◆
- I can understand and follow simple rules and can name some things I am good at ■
- I can follow simple instructions ▲

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 ◆
- I can explore and describe different movements ■
- I can observe and copy others ▲

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

Unit 6



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

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

Unit 5

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

Unit 6