









Curriculum Map











Year 5/6









Unit	Weeks	Fundamental Movement Skill Focus	Other ability focus and Learning Journeys
1	Weeks 1-6	<p>Coordination: Ball Skills (FUNS Station 9)</p> <p>Agility: Reaction/Response (FUNS Station 12)</p>	<p>Cognitive</p> <ul style="list-style-type: none"> 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 (Level 6) 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 (Level 5) 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)
2	Weeks 7-12	<p>Static Balance: Seated (FUNS Station 2)</p> <p>Static Balance: Floor Work (FUNS Station 3)</p>	<p>Creative</p> <ul style="list-style-type: none"> I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience (Level 6) 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 (Level 5) 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)
3	Weeks 13-18	<p>Dynamic Balance (FUNS Station 5)</p> <p>Counter Balance in Pairs (FUNS Station 7)</p>	<p>Social</p> <ul style="list-style-type: none"> I can involve others and motivate those around me to perform better (Level 6) I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately (Level 5) 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)
4	Weeks 19-24	<p>Static Balance: One Leg Standing (FUNS Station 1)</p> <p>Dynamic Balance to Agility (FUNS Station 6)</p>	<p>Physical</p> <ul style="list-style-type: none"> 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 (Level 6) I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations (Level 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 (Level 4)
5	Weeks 25-30	<p>Static Balance: Small Base (FUNS Station 4)</p> <p>Coordination: Floor Movement Patterns (FUNS Station 10)</p>	<p>Health and Fitness</p> <ul style="list-style-type: none"> 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 (Level 6) I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity (Level 5) 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)
6	Weeks 31-36	<p>Agility: Ball Chasing (FUNS Station 11)</p> <p>Coordination with Equipment (FUNS Station 8)</p>	<p>Personal</p> <ul style="list-style-type: none"> I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes (Level 6) I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets (Level 5) 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)

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









Unit 1

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
Lesson 1 (Baseline assessment)	Shape Up warm-up	River Crossing 	Dynamic Balance (FUNS Station 5)	River Crossing	Roles on a Bus
Lesson 2	Shape Up warm-up	River Crossing 	Counter Balance in Pairs (FUNS Station 7)	River Crossing	Roles on a Bus
Lesson 3	Shape Up warm-up	River Crossing Competition 	Levelling the Playing Field		Roles on a Bus
Lesson 4	Shape Up warm-up	Kabadi 	Dynamic Balance (FUNS Station 5) Training Circuit	Kabadi	Roles on a Bus
Lesson 5	Shape Up warm-up	Kabadi 	Counter Balance in Pairs (FUNS Station 7)	Kabadi	Roles on a Bus
Lesson 6 (Revisit assessment)	Shape Up warm-up	Kabadi Competition 	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
Lesson 1 (Baseline assessment)	Like Clockwork warm-up	Seated Volleyball 	Static Balance: Seated (FUNS Station 2)	Seated Volleyball	Badge of Honour
Lesson 2	Like Clockwork warm-up	Seated Volleyball 	Static Balance: Floor Work (FUNS Station 3)	Seated Volleyball	Badge of Honour
Lesson 3	Like Clockwork warm-up	Seated Volleyball 	Bump Ladder Tournament		Badge of Honour
Lesson 4	Like Clockwork warm-up	Scorpien Handball 	Static Balance: Seated (FUNS Station 2)	Scorpien Handball	Badge of Honour
Lesson 5	Like Clockwork warm-up	Scorpien Handball 	Static Balance: Floor Work (FUNS Station 3)	Scorpien Handball	Badge of Honour
Lesson 6 (Revisit assessment)	Like Clockwork warm-up	Scorpien Handball 	Round Robin Tournament		Badge of Honour









Unit 2

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
Lesson 1 (Baseline assessment)	All Change warm-up	Jumpball 	Dynamic Balance to Agility (FUNS Station 6)	Jumpball	Comfort, Stretch, Panic
Lesson 2	All Change warm-up	Jumpball 	Static Balance: 1 Leg Standing (FUNS Station 1)	Jumpball	Comfort, Stretch, Panic
Lesson 3	All Change warm-up	Jumpball 	Round Robin Tournament		Comfort, Stretch, Panic
Lesson 4	All Change warm-up	Jump, Roll, Balance 	Dynamic Balance to Agility (FUNS Station 6)	Jump, Roll, Balance	Comfort, Stretch, Panic
Lesson 5	All Change warm-up	Jump, Roll, Balance 	Static Balance: 1 Leg Standing (FUNS Station 1)	Jump, Roll, Balance	Comfort, Stretch, Panic
Lesson 6 (Revisit assessment)	All Change warm-up	Jump, Roll, Balance 	Scored on performance based on agreed criteria (to include non-physical aspect)		Comfort, Stretch, Panic

Unit 4

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
Lesson 1 (Baseline assessment)	Continuous Relay warm-up	Beanbag Raid 	Static Balance: Small Base (FUNS Station 4)	Beanbag Raid	Gift Cards
Lesson 2	Continuous Relay warm-up	Beanbag Raid 	Coordination: Floor Movement Patterns (FUNS Station 10)	Beanbag Raid	Gift Cards
Lesson 3	Continuous Relay warm-up	Beanbag Raid 	Continuous Knockout Tournament		Gift Cards
Lesson 4	Continuous Relay warm-up	2v2 Throw Squash 	Static Balance: Small Base (FUNS Station 4)	2v2 Throw Squash	Gift Cards
Lesson 5	Continuous Relay warm-up	2v2 Throw Squash 	Coordination: Floor Movement Patterns (FUNS Station 10)	2v2 Throw Squash	Gift Cards
Lesson 6 (Revisit assessment)	Continuous Relay warm-up	2v2 Throw Squash 	Ladder Tournament		Gift Cards

Unit 5

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
Lesson 1 (Baseline assessment)	Inside Out warm-up	Throlf 	Coordination with Equipment (FUNS Station 8)	Throlf	Always, Sometimes, Rarely
Lesson 2	Inside Out warm-up	Throlf 	Agility: Ball Chasing (FUNS Station 11)	Throlf	Always, Sometimes, Rarely
Lesson 3	Inside Out warm-up	Throlf 	Tournament – include levelling the playing field (handicap)		Always, Sometimes, Rarely
Lesson 4	Inside Out warm-up	Rainbow Baseball 	Coordination with Equipment (FUNS Station 8)	Rainbow Baseball	Always, Sometimes, Rarely
Lesson 5	Inside Out warm-up	Rainbow Baseball 	Agility: Ball Chasing (FUNS Station 11)	Rainbow Baseball	Always, Sometimes, Rarely
Lesson 6 (Revisit assessment)	Inside Out warm-up	Rainbow Baseball 	Tournament - Knockouts to seed 4 teams (mixed ability)		Always, Sometimes, Rarely

Unit 6