

Curriculum Map



Year 5/6

Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ 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 ◆+
- 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 ◆
- 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 ■

Unit 2



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

Unit 3



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

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

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

Unit 6



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

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)