

Curriculum Map



Year 3

Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ 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 ◆
- I know where I am with my learning and I have begun to challenge myself ■
- I try several times if at first I don't succeed and I ask for help when appropriate ▲

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

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 ◆
- 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 ■
- 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 ▲

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 ◆
- 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 ■
- I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme ▲

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 ◆
- 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 ■
- 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 ▲

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 ◆
- 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 ■
- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely ▲

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)