

# 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