Curriculum Map

Year 1

real PE®

create development

Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲Working towards

		Weeks	Fundamental Movement Skill Focus	Theme
Unit 1	Personal ● 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 ▲	1-3	Coordination: Footwork (FUNS Station 10)	The Birthday Bike Surprise
		4-6	Static Balance: One Leg (FUNS Station 1)	Pirate Pranks!
Unit 2	Social ● 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 ▲	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!
Unit 3	Cognitive ● 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 ▲	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
Unit 4	Creative ● 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 ▲	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
Unit 5	Applying Physical ● 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 ▲	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
Unit 6	Health and Fitness ● 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 ▲	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

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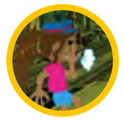
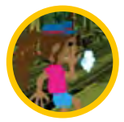
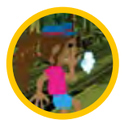
Unit 1

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 2

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 3

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 4

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 5

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 6

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**