Curriculum Map



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Year 4

Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲Working towards

	Multi-ability Cog Focus & Learning Journeys	Weeks	Fundamental Movement Skill Focus
Unit 1	Personal ● 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 ▲	1-6	Skill – Coordination: Footwork **(FUNS Station 10)** Cool Down – Static Balance: One Leg **(FUNS Station 1)**
Unit 2	Social ● 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 ▲	7-12	Skill – Dynamic Balance to Agility: Jumping and Landing **(FUNS Station 6)** Cool Down – Static Balance: Seated **(FUNS Station 2)**
Unit 3	Cognitive ● 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 ▲	13-18	Skill – Dynamic Balance: On a Line **(FUNS Station 5)** Cool Down – Coordination: Ball Skills **(FUNS Station 9)**
Unit 4	Creative ● 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 ▲	19-24	Skill – Coordination: Sending and Receiving **(FUNS Station 8)** Cool Down – Counter Balance: With a Partner **(FUNS Station 7)**
Unit 5	Applying Physical ● 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 ▲	25-30	Skill – Agility: Reaction/Response **(FUNS Station 12)** Cool Down – Static Balance: Floor Work **(FUNS Station 3)**
Unit 6	Health and Fitness ● 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 ▲	31-36	Skill – Agility: Ball Chasing **(FUNS Station 11)** Cool Down – Static Balance: Stance **(FUNS Station 4)**

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Unit 1

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Hi Baby! 	**Matching Pairs** – Personal Best Challenge **Balloon Balance** – Personal Best Challenge			Time Shares
2	Hi Baby! 	**Coordination: Footwork (FUNS 10) –** Challenges	**Select Footwork Patterns**	**Static Balance: One Leg (FUNS 1) –** Challenges	Time Shares
3	Hi Baby! 	**Coordination: Footwork (FUNS 10) –** Challenges	**Task Cards**	**Static Balance: One Leg (FUNS 1) –** Challenges	Time Shares
4	Race Walking 	**Coordination: Footwork (FUNS 10) –** Challenges	**Through the Gates**	**Counter Balance**	Time Shares
5	Race Walking 	**Coordination: Footwork (FUNS 10) –** Challenges	**Footwork Assault Course**	**Pick Up Put Down**	Time Shares
6 (Revisit assessment)	Race Walking 	**Matching Pairs** – revisit Personal Best Challenge **Balloon Balance** – revisit Personal Best Challenge			Time Shares

Unit 2

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Shape Up! 	**Develop Combinations** – Personal Best Challenge **Exchange Objects** – Personal Best Challenge			Roles on a Bus
2	Shape Up! 	**Dynamic Balance to Agility: Jumping and Landing (FUNS 6) –** Challenges	**Stepping Stones Relay**	**Static Balance: Seated (FUNS 2) –** Challenges	Roles on a Bus
3	Shape Up! 	**Dynamic Balance to Agility: Jumping and Landing (FUNS 6) –** Challenges	**Perform Sequences**	**Static Balance: Seated (FUNS 2) –** Challenges	Roles on a Bus
4	Dice Frenzy 	**Dynamic Balance to Agility: Jumping and Landing (FUNS 6) –** Challenges	**Combinations for Distance**	**Seated Tandem Cycling**	Roles on a Bus
5	Dice Frenzy 	**Dynamic Balance to Agility: Jumping and Landing (FUNS 6) –** Challenges	**5 Jump Combinations**	**Order Shapes**	Roles on a Bus
6 (Revisit assessment)	Dice Frenzy 	**Develop Combinations** – revisit Personal Best Challenge **Exchange Objects** – revisit Personal Best Challenge			Roles on a Bus

Unit 3

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	All Change 	**3 Limb Race** – Personal Best Challenge **Getting Around Us** – Personal Best Challenge			Reverse Time Shares
2	All Change 	**Dynamic Balance: On a Line (FUNS 5) –** Challenges	**Go Backwards**	**Coordination: Ball Skills (FUNS 9) –** Challenges	Reverse Time Shares
3	All Change 	**Dynamic Balance: On a Line (FUNS 5) –** Challenges	**Mirror/ Match/ Contrast**	**Coordination: Ball Skills (FUNS 9) –** Challenges	Reverse Time Shares
4	To Bank or Not to Bank? 	**Dynamic Balance: On a Line (FUNS 5) –** Challenges	**Original Sequence**	**Take Giant Strides g**	Reverse Time Shares
5	To Bank or Not to Bank? 	**Dynamic Balance: On a Line (FUNS 5) –** Challenges	**Training Circuit**	**Go Around in Circles**	Reverse Time Shares
6 (Revisit assessment)	To Bank or Not to Bank? 	**3 Limb Race** – revisit Personal Best Challenge **Getting Around Us** – revisit Personal Best Challenge			Reverse Time Shares

Unit 4

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Like Clockwork 	**Juggle Challenge** – Personal Best Challenge **Roller Ball** – Personal Best Challenge			Badge of Honour
2	Like Clockwork 	**Coordination: Sending and Receiving (FUNS 8) –** Challenges	**2 v 2 Throw Squash**	**Counter Balance: With a Partner (FUNS 7) –** Challenges	Badge of Honour
3	Like Clockwork 	**Coordination: Sending and Receiving (FUNS 8) –** Challenges	**Send and Receive Circuits**	**Counter Balance: With a Partner (FUNS 7) –** Challenges	Badge of Honour
4	Team Juggling 	**Coordination: Sending and Receiving (FUNS 8) –** Challenges	**Beat the Buzzer**	**Combine and Contrast**	Badge of Honour
5	Team Juggling 	**Coordination: Sending and Receiving (FUNS 8) –** Challenges	**Creative Squash**	**Supporting Weight**	Badge of Honour
6 (Revisit assessment)	Team Juggling 	**Juggle Challenge** – revisit Personal Best Challenge **Roller Ball** – revisit Personal Best Challenge			Badge of Honour

Unit 5

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Continuous Relay 	**Quick off the Mark** – Personal Best Challenge **Front Curling** – Personal Best Challenge			Comfort, Stretch, Panic
2	Continuous Relay 	**Agility: Reaction/ Response (FUNS 12)** – Challenges	**Competitive Challenge**	**Static Balance: Floor Work (FUNS 3)** – Challenges	Comfort, Stretch, Panic
3	Continuous Relay 	**Agility: Reaction/ Response (FUNS 12)** – Challenges	**Adapt & Respond**	**Static Balance: Floor Work (FUNS 3)** – Challenges	Comfort, Stretch, Panic
4	Balloon Champs! (using balls) 	**Agility: Reaction/ Response (FUNS 12)** – Challenges	**Keep Possession**	**Reverse Formation**	Comfort, Stretch, Panic
5	Balloon Champs! (using balls) 	**Agility: Reaction/ Response (FUNS 12)** – Challenges	**Competitive Challenge 2**	**Front Support Hockey**	Comfort, Stretch, Panic
6 (Revisit assessment)	Balloon Champs! (using balls) 	**Quick off the Mark** – revisit Personal Best Challenge **Front Curling** – revisit Personal Best Challenge			Comfort, Stretch, Panic

Unit 6

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Inside Out 	**Tunnels** – Personal Best Challenge **Balance Transfer** – Personal Best Challenge			Always, Sometimes, Rarely
2	Inside Out 	**Agility: Ball Chasing (FUNS 11)** – Challenges	**Timing Through Collaboration**	**Static Balance: Stance (FUNS 4)** – Challenges	Always, Sometimes, Rarely
3	Inside Out 	**Agility: Ball Chasing (FUNS 11)** – Challenges	**Team Strategy Challenges**	**Static Balance: Stance (FUNS 4)** – Challenges	Always, Sometimes, Rarely
4	Rock, Paper, Scissors 	**Agility: Ball Chasing (FUNS 11)** – Challenges	**Develop Sequences**	**Keep Away v Intercept**	Always, Sometimes, Rarely
5	Rock, Paper, Scissors 	**Agility: Ball Chasing (FUNS 11)** – Challenges	**Oversee Competition**	**Perform Sequences**	Always, Sometimes, Rarely
6 (Revisit assessment)	Rock, Paper, Scissors 	**Tunnels** – revisit Personal Best Challenge **Balance Transfer** – revisit Personal Best Challenge			Always, Sometimes, Rarely