Curriculum Map



real PE®

create development

Year 5/6

Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲Working towards

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

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Unit 1

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Hi Baby!	Throw Tennis 	Coordination: Ball Skills (FUNS 9) – Challenges	Throw Tennis	Secret Stats
2	Hi Baby!	Throw Tennis 	Agility: Reaction/ Response (FUNS 12) – Challenges	Throw Tennis	Secret Stats
3	Hi Baby!	Throw Tennis 	Ladder Tournament		Secret Stats
4	Hi Baby!	Endball 	Coordination: Ball Skills (FUNS 9) – Challenges	Endball	Secret Stats
5	Hi Baby!	Endball 	Agility: Reaction/ Response (FUNS 12) – Challenges	Endball	Secret Stats
6 (Revisit assessment)	Hi Baby!	Endball 	Round Robin Tournament		Secret Stats

Unit 2

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Like Clockwork	Seated Volleyball 	Static Balance: Seated (FUNS 2) – Challenges	Seated Volleyball	Badge of Honour
2	Like Clockwork	Seated Volleyball 	Static Balance: Floor Work (FUNS 3) – Challenges	Seated Volleyball	Badge of Honour
3	Like Clockwork	Seated Volleyball 	Bump Ladder Tournament		Badge of Honour
4	Like Clockwork	Scorpion Handball 	Static Balance: Seated (FUNS 2) – Challenges	Scorpion Handball	Badge of Honour
5	Like Clockwork	Scorpion Handball 	Static Balance: Floor Work (FUNS 3) – Challenges	Scorpion Handball	Badge of Honour
6 (Revisit assessment)	Like Clockwork	Scorpion Handball 	Round Robin Tournament		Badge of Honour

Unit 3

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Shape Up	River Crossing 	Dynamic Balance: On a Line (FUNS 5) – Challenges	River Crossing	Roles on a Bus
2	Shape Up	River Crossing 	Counter Balance: With a Partner (FUNS 7) – Challenges	River Crossing	Roles on a Bus
3	Shape Up	River Crossing 	Levelling the Playing Field competition		Roles on a Bus
4	Shape Up	Kabadi 	Dynamic Balance: On a Line (FUNS 5) – Training Circuit	Kabadi	Roles on a Bus
5	Shape Up	Kabadi 	Counter Balance: With a Partner (FUNS 7) – Challenges	Kabadi	Roles on a Bus
6 (Revisit assessment)	Shape Up	Kabadi 	Round Robin Tournament with Secret Stats (bonus points for selected Social Skills)		Roles on a Bus

Unit 4

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	All Change	Jumpball 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Jumpball	Comfort, Stretch, Panic
2	All Change	Jumpball 	Static Balance: One Leg (FUNS 1) – Challenges	Jumpball	Comfort, Stretch, Panic
3	All Change	Jumpball 	Round Robin Tournament		Comfort, Stretch, Panic
4	All Change	Jump, Roll, Balance 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Jump, Roll, Balance	Comfort, Stretch, Panic
5	All Change	Jump, Roll, Balance 	Static Balance: One Leg (FUNS 1) – Challenges	Jump, Roll, Balance	Comfort, Stretch, Panic
6 (Revisit assessment)	All Change	Jump, Roll, Balance 	Competition - scored on performance against agreed criteria (to include non-physical aspect)		Comfort, Stretch, Panic

Unit 5

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Continuous Relay	Beanbag Raid 	Static Balance: Stance **(FUNS 4) –** Challenges	Beanbag Raid	Gift Cards
2	Continuous Relay	Beanbag Raid 	Coordination: Footwork **(FUNS 10) –** Challenges	Beanbag Raid	Gift Cards
3	Continuous Relay	Beanbag Raid 	Continuous Knockout Tournament		Gift Cards
4	Continuous Relay	Dodgeball 	Static Balance: Stance **(FUNS 4) –** Challenges	Dodgeball	Gift Cards
5	Continuous Relay	Dodgeball 	Coordination: Footwork **(FUNS 10) –** Challenges	Dodgeball	Gift Cards
6 (Revisit assessment)	Continuous Relay	Dodgeball 	Ladder Tournament		Gift Cards

Unit 6

Lesson	Warm-up	Whole (Game)	Part (Skill)	Whole (Game)	Review
1 (Baseline assessment)	Inside Out	Throlf 	Coordination: Sending and Receiving **(FUNS 8) –** Challenges	Throlf	Always, Sometimes, Rarely
2	Inside Out	Throlf 	Agility: Ball Chasing **(FUNS 11) –** Challenges	Throlf	Always, Sometimes, Rarely
3	Inside Out	Throlf 	Levelling the Playing Field Tournament (handicap)		Always, Sometimes, Rarely
4	Inside Out	Scatterball 	Coordination: Sending and Receiving **(FUNS 8) –** Challenges	Scatterball	Always, Sometimes, Rarely
5	Inside Out	Scatterball 	Agility: Ball Chasing **(FUNS 11) –** Challenges	Scatterball	Always, Sometimes, Rarely
6 (Revisit assessment)	Inside Out	Scatterball 	Tournament - Knockouts to seed 4 teams (mixed ability)		Always, Sometimes, Rarely