

# Curriculum Map



## Foundation Stage

| Unit | Weeks       | Fundamental Movement Skill Focus                                  | Theme  | Multi-ability Cog Focus & Learning Journeys  |
|------|-------------|---|--|--|
| 1    | Weeks 1-3   | <b>Coordination: Floor Movement Patterns</b><br>(FUNS Station 10) |  <b>The Birthday Bike Surprise</b>            |  <b>Personal</b> <ul style="list-style-type: none"> <li>I can follow instructions, practise safely and work on simple tasks by myself (Level 1)</li> <li>I enjoy working on simple tasks with help (Pre-level 1)</li> </ul>  |
|      | Weeks 4-6   | <b>Static Balance: One Leg Standing</b><br>(FUNS Station 1)       |  <b>Pirate Pranks!</b>                        |  |
| 2    | Weeks 7-9   | <b>Dynamic Balance to Agility</b><br>(FUNS Station 6)             |  <b>Journey to the Blue Planet</b>            |  <b>Social</b> <ul style="list-style-type: none"> <li>I can work sensibly with others, taking turns and sharing (Level 1)</li> <li>I can play with others and take turns and share with help (Pre-level 1)</li> </ul>  |
|      | Weeks 10-12 | <b>Static Balance: Seated</b><br>(FUNS Station 2)                 |  <b>Monkey Business!</b>                      |  |
| 3    | Weeks 13-15 | <b>Dynamic Balance</b><br>(FUNS Station 5)                        |  <b>Tilly the Train's Big Day</b>            |  <b>Cognitive</b> <ul style="list-style-type: none"> <li>I can understand and follow simple rules and can name some things I am good at (Level 1)</li> <li>I can follow simple instructions (Pre-level 1)</li> </ul>  |
|      | Weeks 16-18 | <b>Static Balance: Small Base</b><br>(FUNS Station 4)             |  <b>Thembi Walks the Tightrope</b>          |  |
| 4    | Weeks 19-21 | <b>Coordination: Ball Skills</b><br>(FUNS Station 9)              |  <b>Clowning Around!</b>                    |  <b>Creative</b> <ul style="list-style-type: none"> <li>I can explore and describe different movements (Level 1)</li> <li>I can observe and copy others (Pre-level 1)</li> </ul>   |
|      | Weeks 22-24 | <b>Counter Balance in Pairs</b><br>(FUNS Station 7)               |  <b>Wendy's Water-ski Challenge</b>         |  |
| 5    | Weeks 25-27 | <b>Coordination with Equipment</b><br>(FUNS Station 8)            |  <b>John and Jasmine Learn to Juggle</b>    |  <b>Physical</b> <ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1)</li> <li>I can move confidently in different ways (Pre-level 1)</li> </ul> |
|      | Weeks 28-30 | <b>Agility: Reaction/Response</b><br>(FUNS Station 12)            |  <b>Ringo to the Rescue</b>                 |  |
| 6    | Weeks 31-33 | <b>Agility: Ball Chasing</b><br>(FUNS Station 11)                 |  <b>Sammy Squirrel and his Rolling Nuts</b> |  <b>Health and Fitness</b> <ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health (Level 1)</li> <li>I am aware of the changes to the way I feel when I exercise (Pre-level 1)</li> </ul>  |
|      | Weeks 34-36 | <b>Static Balance: Floor Work</b><br>(FUNS Station 3)             |  <b>Caspar the Very Clever Cat</b>          |  |

| Lesson                                   | Warm-up   | Skill  | Application                      | Review      |
|--|---|--|----------------------------------|-------------|
| <b>Lesson 1</b><br>(Baseline assessment) | I'm Riding on my Bike warm-up  | Coordination: Floor Movement Patterns (FUNS Station 10) – Exploring Movements          | Off for a Ride game              | Time Shares |
| <b>Lesson 2</b>                          | I'm Riding on my Bike warm-up  | Coordination: Floor Movement Patterns (FUNS Station 10) – Birthday Bike Surprise story | Off for a Ride game              | Time Shares |
| <b>Lesson 3</b>                          | I'm Riding on my Bike warm-up  | Coordination: Floor Movement Patterns (FUNS Station 10) – Birthday Bike Surprise story | Off for a Ride game              | Time Shares |
| <b>Lesson 4</b>                          | Pirate Adventure warm-up       | Static Balance: 1 Leg Standing (FUNS Station 1) – Exploring Movements                  | Oh! You'll Never Get to Sea song | Time Shares |
| <b>Lesson 5</b>                          | Pirate Adventure warm-up       | Static Balance: 1 Leg Standing (FUNS Station 1) – Pirate Pranks story                  | Oh! You'll Never Get to Sea song | Time Shares |
| <b>Lesson 6</b><br>(Revisit assessment)  | Pirate Adventure warm-up       | Static Balance: 1 Leg Standing (FUNS Station 1) – Pirate Pranks story                  | Oh! You'll Never Get to Sea song | Time Shares |

# Unit 1

| Lesson                                   | Warm-up   | Skill  | Application                     | Review             |
|--|---|--|---------------------------------|--------------------|
| <b>Lesson 1</b><br>(Baseline assessment) | Puffing Along warm-up  | Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story | Five Little Puffer Trains song  | Questions Carousel |
| <b>Lesson 2</b>                          | Puffing Along warm-up  | Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story | Five Little Puffer Trains song  | Questions Carousel |
| <b>Lesson 3</b>                          | Puffing Along warm-up  | Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story | Five Little Puffer Trains song  | Questions Carousel |
| <b>Lesson 4</b>                          | Line Out warm-up       | Static Balance: Small Base (FUNS Station 4) – Exploring Movements  | Mirror, Mirror on the Wall game | Questions Carousel |
| <b>Lesson 5</b>                          | Line Out warm-up       | Static Balance: Small Base (FUNS Station 4) – Exploring Movements  | Mirror, Mirror on the Wall game | Questions Carousel |
| <b>Lesson 6</b><br>(Revisit assessment)  | Line Out warm-up       | Static Balance: Small Base (FUNS Station 4) – Exploring Movements  | Mirror, Mirror on the Wall game | Questions Carousel |

# Unit 3

| Lesson                                   | Warm-up   | Skill  | Application                        | Review            |
|--|---|--|------------------------------------|-------------------|
| <b>Lesson 1</b><br>(Baseline assessment) | Moon Adventure warm-up     | Dynamic Balance to Agility (FUNS Station 6) – Exploring Movements              | I Jumped Aboard a Rocket Ship song | Taps for Congrats |
| <b>Lesson 2</b>                          | Moon Adventure warm-up     | Dynamic Balance to Agility (FUNS Station 6) – Journey to the Blue Planet story | I Jumped Aboard a Rocket Ship song | Taps for Congrats |
| <b>Lesson 3</b>                          | Moon Adventure warm-up     | Dynamic Balance to Agility (FUNS Station 6) – Journey to the Blue Planet story | I Jumped Aboard a Rocket Ship song | Taps for Congrats |
| <b>Lesson 4</b>                          | Fun in the Jungle warm-up  | Static Balance: Seated (FUNS Station 2) – Exploring Movements                  | Five Cheeky Monkeys song           | Taps for Congrats |
| <b>Lesson 5</b>                          | Fun in the Jungle warm-up  | Static Balance: Seated (FUNS Station 2) – Monkey Business! story               | Five Cheeky Monkeys song           | Taps for Congrats |
| <b>Lesson 6</b><br>(Revisit assessment)  | Fun in the Jungle warm-up  | Static Balance: Seated (FUNS Station 2) – Monkey Business! story               | Mirror Image – Seated game         | Taps for Congrats |

# Unit 2

| Lesson                                   | Warm-up  | Skill   | Application                           | Review          |
|--|--|---|---------------------------------------|-----------------|
| <b>Lesson 1</b><br>(Baseline assessment) | Clown's Naughty Ball warm-up  | Coordination: Ball Skills (FUNS Station 9) – Exploring Movements              | Shoulders, Tummy, Knees and Toes song | Badge of Honour |
| <b>Lesson 2</b>                          | Clown's Naughty Ball warm-up  | Coordination: Ball Skills (FUNS Station 9) – Clowning Around story            | Shoulders, Tummy, Knees and Toes song | Badge of Honour |
| <b>Lesson 3</b>                          | Clown's Naughty Ball warm-up  | Coordination: Ball Skills (FUNS Station 9) – Clowning Around story            | Add a Move game                       | Badge of Honour |
| <b>Lesson 4</b>                          | Off to the Seaside warm-up    | Counter Balance in Pairs (FUNS Station 7) – Exploring Movements               | Hold on Tight song                    | Badge of Honour |
| <b>Lesson 5</b>                          | Off to the Seaside warm-up    | Counter Balance in Pairs (FUNS Station 7) – Wendy's Water-ski Challenge story | Hold on Tight song                    | Badge of Honour |
| <b>Lesson 6</b><br>(Revisit assessment)  | Off to the Seaside warm-up    | Counter Balance in Pairs (FUNS Station 7) – Wendy's Water-ski Challenge story | The Never-ending Relay Race game      | Badge of Honour |

# Unit 4

| Lesson                                   | Warm-up   | Skill   | Application  | Review     |
|--|---|---|--|------------|
| <b>Lesson 1</b><br>(Baseline assessment) | Big Top Time warm-up<br> | Coordination with Equipment (FUNS Station 8) – Exploring Movements                    | Big Top Time game  | Gift Cards |
| <b>Lesson 2</b>                          | Big Top Time warm-up<br> | Coordination with Equipment (FUNS Station 8) – John and Jasmine Learn to Juggle story | Big Top Time game  | Gift Cards |
| <b>Lesson 3</b>                          | Big Top Time warm-up<br> | Coordination with Equipment (FUNS Station 8) – John and Jasmine Learn to Juggle story | Dice Dance game (integrating coordination with equipment activities) | Gift Cards |
| <b>Lesson 4</b>                          | Magic Bean warm-up<br>   | Agility: Reaction/Response (FUNS Station 12) – Exploring Movements                    | RINGO song (with clap and sit down/stand up/turn around)             | Gift Cards |
| <b>Lesson 5</b>                          | Magic Bean warm-up<br>   | Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story              | RINGO song (with clap and sit down/stand up/turn around)             | Gift Cards |
| <b>Lesson 6</b><br>(Revisit assessment)  | Magic Bean warm-up<br>  | Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story              | Dice Dance game (integrating agility activities)                     | Gift Cards |

# Unit 5

| Lesson                                   | Warm-up  | Skill   | Application  | Review                    |
|--|--|---|--|---------------------------|
| <b>Lesson 1</b><br>(Baseline assessment) | The Hairy, Scary Woods warm-up<br>      | Agility: Ball Chasing (FUNS Station 11) – Exploring Movements                       | Two Cheeky Squirrels song                            | Always, Sometimes, Rarely |
| <b>Lesson 2</b>                          | The Hairy, Scary Woods warm-up<br>      | Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story | Two Cheeky Squirrels song                            | Always, Sometimes, Rarely |
| <b>Lesson 3</b>                          | The Hairy, Scary Woods warm-up<br>      | Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story | Collecting Nuts for Winter game                      | Always, Sometimes, Rarely |
| <b>Lesson 4</b>                          | Little Kitties Time to Play warm-up<br> | Static Balance: Floorwork (FUNS Station 3) – Exploring Movements                    | Casper the Cat song (with children moving on all 4s) | Always, Sometimes, Rarely |
| <b>Lesson 5</b>                          | Little Kitties Time to Play warm-up<br> | Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story       | Casper the Cat song (with children moving on all 4s) | Always, Sometimes, Rarely |
| <b>Lesson 6</b><br>(Revisit assessment)  | Little Kitties Time to Play warm-up<br> | Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story       | Pass the Hoop game                                   | Always, Sometimes, Rarely |

# Unit 6