

# Curriculum Map



## Foundation Stage

### Multi-ability Cog Focus & Learning Journeys

#### Unit 1



- I can follow instructions, practise safely and work on simple tasks by myself (Level 1)
- I enjoy working on simple tasks with help (Pre-level 1)

#### Unit 2



- I can work sensibly with others, taking turns and sharing (Level 1)
- I can play with others and take turns and share with help (Pre-level 1)

#### Unit 3



- I can understand and follow simple rules and can name some things I am good at (Level 1)
- I can follow simple instructions (Pre-level 1)

#### Unit 4



- I can explore and describe different movements (Level 1)
- I can observe and copy others (Pre-level 1)

#### Unit 5



- 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)
- I can move confidently in different ways (Pre-level 1)

#### Unit 6



- I am aware of why exercise is important for good health (Level 1)
- I am aware of the changes to the way I feel when I exercise (Pre-level 1)

### 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

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	I'm Riding on my Bike	Coordination: Footwork (FUNS 10) – Exploring Movements	I'm Riding on my Bike song	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	Off for a Ride game	Time Shares
4	Pirate Adventure	Static Balance: One Leg (FUNS 1) – Exploring Movements	Oh! You'll Never Get to Sea song	Time Shares
5	Pirate Adventure	Static Balance: One Leg (FUNS 1) – Pirate Pranks	Oh! You'll Never Get to Sea song	Time Shares
6 (Revisit assessment)	Pirate Adventure	Static Balance: One Leg (FUNS 1) – Pirate Pranks	Popping Pirates game	Time Shares

# Unit 1

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Puffing Along	Dynamic Balance: On a Line (FUNS 5) – Exploring Movements	Five Little Puffer Trains song	Questions Carousel
2	Puffing Along	Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day	Five Little Puffer Trains song	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) – Exploring Movements	Children on a Rope song	Questions Carousel
5	Line Out	Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Children on a Rope song	Questions Carousel
6 (Revisit assessment)	Line Out	Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope	Mirror, Mirror on the Wall song	Questions Carousel







# Unit 3

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Moon Adventure	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Exploring Movements	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) – Exploring Movements	Five Cheeky Monkeys song	Taps for Congrats
5	Fun in the Jungle	Static Balance: Seated (FUNS 2) – Monkey Business!	Five Cheeky Monkeys song	Taps for Congrats
6 (Revisit assessment)	Fun in the Jungle	Static Balance: Seated (FUNS 2) – Monkey Business!	Cheeky Monkey Says game	Taps for Congrats







# Unit 2

Lesson	Warm-up	Skill	Application	Review
1 (Baseline assessment)	Clown's Naughty Ball	Coordination: Ball Skills (FUNS 9) – Exploring Movements	Shoulders, Tummy, Knees and Toes song	Badge of Honour
2	Clown's Naughty Ball	Coordination: Ball Skills (FUNS 9) – Clowning Around	Shoulders, Tummy, Knees and Toes song	Badge of Honour
3	Clown's Naughty Ball	Coordination: Ball Skills (FUNS 9) – Clowning Around	Add a Move game	Badge of Honour
4	Off to the Seaside	Counter Balance: With a Partner (FUNS 7) – Exploring Movements	Hold on Tight song	Badge of Honour
5	Off to the Seaside	Counter Balance: With a Partner (FUNS 7) – Wendy's Water-ski Challenge	Hold on Tight song	Badge of Honour
6 (Revisit assessment)	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

# Unit 4

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

# Unit 5

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

# Unit 6