

# Curriculum Map



## Foundation Stage

### Multi-ability Cog Focus & Learning Journeys

### Weeks

### Fundamental Movement Skill Focus

### Theme

## 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)

1-3

Coordination:  
Footwork  
**(FUNS Station 10)**



The Birthday  
Bike Surprise

4-6

Static Balance:  
One Leg  
**(FUNS Station 1)**



Pirate  
Pranks!

## 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)

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



- 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)

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



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

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



- 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)

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



- 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)

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
<b>1</b> (Baseline assessment)	<b>I'm Riding on my Bike</b> 	<b>Coordination: Footwork (FUNS 10) – Exploring Movements</b>	<b>I'm Riding on my Bike</b> song	<b>Time Shares</b>
<b>2</b>	<b>I'm Riding on my Bike</b> 	<b>Coordination: Footwork (FUNS 10) – Birthday Bike Surprise</b>	<b>Off for a Ride</b> game	<b>Time Shares</b>
<b>3</b>	<b>I'm Riding on my Bike</b> 	<b>Coordination: Footwork (FUNS 10) – Birthday Bike Surprise</b>	<b>Off for a Ride</b> game	<b>Time Shares</b>
<b>4</b>	<b>Pirate Adventure</b> 	<b>Static Balance: One Leg (FUNS 1) – Exploring Movements</b>	<b>Oh! You'll Never Get to Sea</b> song	<b>Time Shares</b>
<b>5</b>	<b>Pirate Adventure</b> 	<b>Static Balance: One Leg (FUNS 1) – Pirate Pranks</b>	<b>Oh! You'll Never Get to Sea</b> song	<b>Time Shares</b>
<b>6</b> (Revisit assessment)	<b>Pirate Adventure</b> 	<b>Static Balance: One Leg (FUNS 1) – Pirate Pranks</b>	<b>Popping Pirates</b> game	<b>Time Shares</b>

# Unit 1

Lesson	Warm-up	Skill	Application	Review
<b>1</b> (Baseline assessment)	<b>Puffing Along</b> 	<b>Dynamic Balance: On a Line (FUNS 5) – Exploring Movements</b>	<b>Five Little Puffer Trains</b> song	<b>Questions Carousel</b>
<b>2</b>	<b>Puffing Along</b> 	<b>Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day</b>	<b>Five Little Puffer Trains</b> song	<b>Questions Carousel</b>
<b>3</b>	<b>Puffing Along</b> 	<b>Dynamic Balance: On a Line (FUNS 5) – Tilly the Train's Big Day</b>	<b>Puffing Along</b> game	<b>Questions Carousel</b>
<b>4</b>	<b>Line Out</b> 	<b>Static Balance: Stance (FUNS 4) – Exploring Movements</b>	<b>Children on a Rope</b> song	<b>Questions Carousel</b>
<b>5</b>	<b>Line Out</b> 	<b>Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope</b>	<b>Children on a Rope</b> song	<b>Questions Carousel</b>
<b>6</b> (Revisit assessment)	<b>Line Out</b> 	<b>Static Balance: Stance (FUNS 4) – Thembi Walks the Tightrope</b>	<b>Mirror, Mirror on the Wall</b> song	<b>Questions Carousel</b>

# Unit 3

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

# Unit 2

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

# 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