

Curriculum Map



Year 5/6

Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Unit 1



- 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 ■

Unit 2



- 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 ■

Unit 3



- 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 ■

Unit 4



- 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 ■

Unit 5



- 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 ■

Unit 6



- 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 ■

Weeks

Fundamental Movement Skill Focus

1-6

Coordination:
Ball Skills
(FUNS Station 9)

Agility:
Reaction/Response
(FUNS Station 12)

7-12

Static Balance:
Seated
(FUNS Station 2)

Static Balance:
Floor Work
(FUNS Station 3)

13-18

Dynamic Balance:
On a Line
(FUNS Station 5)

Counter Balance:
With a Partner
(FUNS Station 7)

19-24

Static Balance:
One Leg
(FUNS Station 1)

Dynamic Balance to Agility:
Jumping and Landing
(FUNS Station 6)

25-30

Static Balance:
Stance
(FUNS Station 4)

Coordination:
Footwork
(FUNS Station 10)

31-36

Agility:
Ball Chasing
(FUNS Station 11)

Coordination:
Sending and Receiving
(FUNS Station 8)

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 1

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 3

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 2

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 4

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 5

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

Unit 6