

Curriculum Map



Year 4

Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Unit 1



- 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 ◆
- I know where I am with my learning and I have begun to challenge myself ■
- I try several times if at first I don't succeed and I ask for help when appropriate ▲

Unit 2



- 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 ◆
- I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas ■
- I can help praise and encourage others in their learning ▲

Unit 3



- 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 ◆
- I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement ■
- I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well ▲

Unit 4



- 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 ◆
- I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression ■
- I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme ▲

Unit 5



- 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 ◆
- I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency ■
- I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed ▲

Unit 6



- 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 ◆
- I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down ■
- I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely ▲

Weeks

Fundamental Movement Skill Focus

1-6

Skill – Coordination:
Footwork
(FUNS Station 10)

Cool Down – Static Balance:
One Leg
(FUNS Station 1)

7-12

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

Cool Down – Static Balance:
Seated
(FUNS Station 2)

13-18

Skill – Dynamic Balance:
On a Line
(FUNS Station 5)

Cool Down – Coordination:
Ball Skills
(FUNS Station 9)

19-24

Skill – Coordination:
Sending and Receiving
(FUNS Station 8)

Cool Down – Counter Balance:
With a Partner
(FUNS Station 7)

25-30

Skill – Agility:
Reaction/Response
(FUNS Station 12)

Cool Down – Static Balance:
Floor Work
(FUNS Station 3)

31-36

Skill – Agility:
Ball Chasing
(FUNS Station 11)

Cool Down – Static Balance:
Stance
(FUNS Station 4)

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Hi Baby! 	Matching Pairs – Personal Best Challenge Balloon Balance – Personal Best Challenge			Time Shares
2	Hi Baby! 	Coordination: Footwork (FUNS 10) – Challenges	Select Footwork Patterns	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
3	Hi Baby! 	Coordination: Footwork (FUNS 10) – Challenges	Task Cards	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
4	Race Walking 	Coordination: Footwork (FUNS 10) – Challenges	Through the Gates	Counter Balance	Time Shares
5	Race Walking 	Coordination: Footwork (FUNS 10) – Challenges	Footwork Assault Course	Pick Up Put Down	Time Shares
6 (Revisit assessment)	Race Walking 	Matching Pairs – revisit Personal Best Challenge Balloon Balance – revisit Personal Best Challenge			Time Shares

Unit 1

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	All Change 	3 Limb Race – Personal Best Challenge Getting Around Us – Personal Best Challenge			Reverse Time Shares
2	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Go Backwards	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time Shares
3	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Mirror/Match/Contrast	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time Shares
4	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Original Sequence	Take Giant Strides g	Reverse Time Shares
5	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Training Circuit	Go Around in Circles	Reverse Time Shares
6 (Revisit assessment)	To Bank or Not to Bank? 	3 Limb Race – revisit Personal Best Challenge Getting Around Us – revisit Personal Best Challenge			Reverse Time Shares

Unit 3

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Shape Up! 	Develop Combinations – Personal Best Challenge Exchange Objects – Personal Best Challenge			Roles on a Bus
2	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones Relay	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
3	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Perform Sequences	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
4	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Combinations for Distance	Seated Tandem Cycling	Roles on a Bus
5	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	5 Jump Combinations	Order Shapes	Roles on a Bus
6 (Revisit assessment)	Dice Frenzy 	Develop Combinations – revisit Personal Best Challenge Exchange Objects – revisit Personal Best Challenge			Roles on a Bus

Unit 2

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Like Clockwork 	Juggle Challenge – Personal Best Challenge Roller Ball – Personal Best Challenge			Badge of Honour
2	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	2 v 2 Throw Squash	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
3	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Send and Receive Circuits	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
4	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Beat the Buzzer	Combine and Contrast	Badge of Honour
5	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Creative Squash	Supporting Weight	Badge of Honour
6 (Revisit assessment)	Team Juggling 	Juggle Challenge – revisit Personal Best Challenge Roller Ball – revisit Personal Best Challenge			Badge of Honour

Unit 4

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Continuous Relay 	Quick off the Mark – Personal Best Challenge Front Curling – Personal Best Challenge			Comfort, Stretch, Panic
2	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Competitive Challenge	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
3	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Adapt & Respond	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
4	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Keep Possession	Reverse Formation	Comfort, Stretch, Panic
5	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Competitive Challenge 2	Front Support Hockey	Comfort, Stretch, Panic
6 (Revisit assessment)	Balloon Champs! (using balls) 	Quick off the Mark – revisit Personal Best Challenge Front Curling – revisit Personal Best Challenge			Comfort, Stretch, Panic

Unit 5

Lesson	Warm-up	Skill	Application	Cool Down	Review
1 (Baseline assessment)	Inside Out 	Tunnels – Personal Best Challenge Balance Transfer – Personal Best Challenge			Always, Sometimes, Rarely
2	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Timing Through Collaboration	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
3	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Team Strategy Challenges	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
4	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Develop Sequences	Keep Away v Intercept	Always, Sometimes, Rarely
5	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Oversee Competition	Perform Sequences	Always, Sometimes, Rarely
6 (Revisit assessment)	Rock, Paper, Scissors 	Tunnels – revisit Personal Best Challenge Balance Transfer – revisit Personal Best Challenge			Always, Sometimes, Rarely

Unit 6