





Fundamental Movement Skill Focus Multi-ability Cog Focus & Learning Journeys Unit Weeks

Weeks 1-3

Coordination: Floor **Movement Patterns** (FUNS Station 10)

Static Balance: One Leg Standing (FUNS Station 1)





The Birthday Bike Surprise



Pirate Pranks!



- I know where I am with my learning and I have begun to challenge myself (Level 3)
- I try several times if at first I don't succeed and I ask for help when appropriate (Level 2)
- I can follow instructions, practise safely and work on simple tasks by myself (Level 1)

2

Weeks 7-9

Weeks 10-12

Weeks 4-6

Dynamic Balance to Agility (FUNS Station 6)

Static Balance: Seated (FUNS Station 2)



Journey to the Blue **Planet**



Monkey **Business!**



- I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Level 3)
- I can help praise and encourage others in their learning (Level 2)
- I can work sensibly with others, taking turns and sharing (Level 1)

3

Weeks 13-15

Weeks 16-18

Dynamic Balance (FUNS Station 5)

Static Balance:

(FUNS Station 4)

Small Base



Tilly the Train's Big Day



Thembi Walks the Tightrope



- 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 (Level 3)
- 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 (Level 2)
- I can understand and follow simple rules and can name some things I am good at (Level 1)

Weeks 19-21

Weeks 22-24

Coordination: **Ball Skills** (FUNS Station 9)

Balance in Pairs

(FUNS Station 7)

Counter



Clowning Around!



Wendy's Water-ski Challenge



- 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 (Level 3)
- I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (Level 2)
- I can explore and describe different movements

5

6

Weeks 25-27

Coordination with Equipment (FUNS Station 8)



John and Jasmine Learn to Juggle

Weeks 28-30

Agility: Reaction/ Response (FUNS Station 12)



Ringo to the Rescue

Weeks **31-33**

Agility: Ball Chasing (FUNS Station 11)



Sammy Squirrel and his Rolling Nuts

Weeks 34-36

Static Balance: Floor Work (FUNS Station 3)



Caspar the Very Clever Cat



shapes and controlled movement. I can select and apply a range of skills with good control and consistency (Level 3) I can perform a range of skills with some control and

I can perform and repeat longer sequences with clear

- consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2) 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)



and after exercise. I can explain why we need to warm up and cool down (Level 3) I can say how my body feels before, during and

I can describe how and why my body feels during

after exercise. I use equipment appropriately and move and land safely (Level 2) I am aware of why exercise is important for good

health (Level 1)

Lesson	Warm-up	Skill	Application	Review		Lesson	Warm-up		Skill	Application	Review	
Lesson 1 (Baseline assessment)	Rock, Paper Scissors warm-up	Coordination: Floor Movement Patterns – Birthday Bike Surprise story OR FUNS Station 10 Challenges	Matching Pairs game	Time Shares	t 1	Lesson 1 (Baseline assessment)	Race Walking warm-up		Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story OR FUNS Challenges	Balance Circuit game	Questions Carousel	<u>W</u>
Lesson 2	Rock, Paper Scissors warm-up	Coordination: Floor Movement Patterns – Birthday Bike Surprise story OR FUNS Station 10 Challenges	Follow the Leader game	Time Shares	J.	Lesson 2	Race Walking warm-up		Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story OR FUNS Challenges	Rock, Paper, Scissors game (adapted)	Questions Carousel	
Lesson 3	Rock, Paper Scissors warm-up	Coordination: Floor Movement Patterns – Birthday Bike Surprise story OR FUNS Station 10 Challenges	Matching Pairs game	Time Shares		Lesson 3	Race Walking warm-up		Dynamic Balance (FUNS Station 5) – Tilly the Train's Big Day story OR FUNS Challenges	Balance Circuit game	Questions Carousel	
Lesson 4	Stuck in the Mud warm-up	Static Balance: 1 Leg Standing – Pirate Pranks story <mark>OR</mark> FUNS Station 1 Challenges	Balloon Balance game	Time Shares		Lesson 4	Line Out warm-up	6	Static Balance: Small Base (FUNS Station 4) – Thembi Walks the Tightrope story OR FUNS Challenges	Balance Transfer game (competitive)	Questions Carousel	
Lesson 5	Stuck in the Mud warm-up	Static Balance: 1 Leg Standing – Pirate Pranks story <mark>OR</mark> FUNS Station 1 Challenges	Popping Pirates game	Time Shares		Lesson 5	Line Out warm-up	6	Static Balance: Small Base (FUNS Station 4) – Thembi Walks the Tightrope story OR FUNS Challenges	Develop Combinations game	Questions Carousel	
Lesson 6 (Revisit assessment)	Stuck in the Mud warm-up	Static Balance: 1 Leg Standing – Pirate Pranks story <mark>OR</mark> FUNS Station 1 Challenges	Balloon Balance game	Time Shares		Lesson 6 (Revisit assessment)	Line Out warm-up	9	Static Balance: Small Base (FUNS Station 4) – Thembi Walks the Tightrope story OR FUNS Challenges	Balance Transfer game (competitive)	Questions Carousel	
Lesson	Warm-up	Skill	Application	Review		Lesson	Warm-up		Skill	Application	Review	
Lesson 1 (Baseline assessment)	Stepping Stones	Dynamic Balance to Agility –	Develop Combinations	Taps for	\overline{A}	Lesson 1 (Baseline	Grand Prix		Coordination: Ball Skills	Getting Around	Badge of	
	warm-up	Journey to the Blue Planet story OR FUNS Station 6 Challenges	game (competitive)	Congrats	1	assessment)	warm-up		(FUNS Station 9) – Clowning Around story OR FUNS Challenges	us game (cooperative)	Honour	7
Lesson 2	warm-up Stepping Stones warm-up	OR FUNS Station 6	game	Congrats Taps for Congrats	Juit 7		warm-up Grand Prix warm-up		Clowning Around story		Honour Badge of Honour	hit 1
Lesson 2 Lesson 3	Stepping Stones	OR FUNS Station 6 Challenges Dynamic Balance to Agility – Journey to the Blue Planet story OR FUNS Station 6	game (competitive) Develop Combinations game	Taps for	Unit	assessment)	Grand Prix		Clowning Around story OR FUNS Challenges Coordination: Ball Skills (FUNS Station 9) — Clowning Around story	(cooperative)	Badge of	Unit 1
	Stepping Stones warm-up Stepping Stones	OR FUNS Station 6 Challenges Dynamic Balance to Agility – Journey to the Blue Planet story OR FUNS Station 6 Challenges Dynamic Balance to Agility – Journey to the Blue Planet story OR FUNS Station 6	game (competitive) Develop Combinations game (cooperative) Develop Combinations game	Taps for Congrats Taps for	Chit	Lesson 2	Grand Prix warm-up Grand Prix		Clowning Around story OR FUNS Challenges Coordination: Ball Skills (FUNS Station 9) — Clowning Around story OR FUNS Challenges Coordination: Ball Skills (FUNS Station 9) — Clowning Around story	(cooperative) All Routes game Getting Around us game	Badge of Honour Badge of	Unit 1
Lesson 3	Stepping Stones warm-up Stepping Stones warm-up Find & Select Shapes	OR FUNS Station 6 Challenges Dynamic Balance to Agility — Journey to the Blue Planet story OR FUNS Station 6 Challenges Dynamic Balance to Agility — Journey to the Blue Planet story OR FUNS Station 6 Challenges Static Balance: Seated — Monkey Business! story	game (competitive) Develop Combinations game (cooperative) Develop Combinations game (competitive) Mirror Image	Taps for Congrats Taps for Congrats	Chit	Lesson 2 Lesson 3	Grand Prix warm-up Grand Prix warm-up On the Mat		Clowning Around story OR FUNS Challenges Coordination: Ball Skills (FUNS Station 9) — Clowning Around story OR FUNS Challenges Coordination: Ball Skills (FUNS Station 9) — Clowning Around story OR FUNS Challenges Counter Balance in Pairs (FUNS Station 7) — Wendy's Water-ski Challenge story	(cooperative) All Routes game Getting Around us game (competitive)	Badge of Honour Badge of Honour	Unit

Lesson	Warm-up		Skill	Application	Review	
Lesson 1 (Baseline assessment)	Ball Tricks warm-up	11	Coordination with Equipment (FUNS Station 8) — John and Jasmine Learn to Juggle story OR FUNS Challenges	Collect Your Rebound game	Gift Cards	L 5
Lesson 2	Ball Tricks warm-up	11	Coordination with Equipment (FUNS Station 8) — John and Jasmine Learn to Juggle story OR FUNS Challenges	Juggle Challenge game	Gift Cards	Unit
Lesson 3	Ball Tricks warm-up	11	Coordination with Equipment (FUNS Station 8) — John and Jasmine Learn to Juggle story OR FUNS Challenges	Beat the Buzzer game	Gift Cards	
Lesson 4	Ball Handling warm-up		Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story OR FUNS Challenges	Quick off the Mark game	Gift Cards	
Lesson 5	Ball Handling warm-up		Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story OR FUNS Challenges	Copy Your Partner game	Gift Cards	
Lesson 6 (Revisit assessment)	Ball Handling warm-up		Agility: Reaction/Response (FUNS Station 12) – Ringo to the Rescue story OR FUNS Challenges	Cooperative Challenges game	Gift Cards	
Lesson	Warm-up		Skill	Application	Review	
Lesson 1 (Baseline	Scramble Madness		Agility: Ball Chasing (FUNS Station 11) –	Tunnels game	Always, Sometimes,	6

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Lesson	Warm-up	Skill	Application	Review
Lesson 1 (Baseline assessment)	Scramble Madness warm-up	Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story OR FUNS Challenges	Tunnels game	Always, Sometimes, Rarely
Lesson 2	Scramble Madness warm-up	Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story OR FUNS Challenges	Develop Combinations game	Always, Sometimes, Rarely
Lesson 3	Scramble Madness warm-up	Agility: Ball Chasing (FUNS Station 11) – Sammy Squirrel and his Rolling Nuts story OR FUNS Challenges	Tunnels game	Always, Sometimes, Rarely
Lesson 4	The Hairy, Scary Woods warm-up	Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story OR FUNS Challenges	Front Curling game	Always, Sometimes, Rarely
Lesson 5	The Hairy, Scary Woods warm-up	Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story OR FUNS Challenges	Reverse Formation game	Always, Sometimes, Rarely
Lesson 6 (Revisit assessment)	The Hairy, Scary Woods warm-up	Static Balance: Floorwork (FUNS Station 3) – Casper the Very Clever Cat story OR FUNS Challenges	Front Curling game	Always, Sometimes, Rarely