

# Curriculum Map



## Year 3

### 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
<b>1</b> (Baseline assessment)	Hi Baby! 	Matching Pairs – Personal Best Challenge Balloon Balance – Personal Best Challenge			Time Shares
<b>2</b>	Hi Baby! 	Coordination: Footwork (FUNS 10) – Challenges	Footwork Games	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
<b>3</b>	Hi Baby! 	Coordination: Footwork (FUNS 10) – Challenges	Follow the Leader	Static Balance: One Leg (FUNS 1) – Challenges	Time Shares
<b>4</b>	Race Walking 	Coordination: Footwork (FUNS 10) – Challenges	Mirroring & Matching	Mirror Image	Time Shares
<b>5</b>	Race Walking 	Coordination: Footwork (FUNS 10) – Challenges	Mirror Challenge	Mirror Challenge	Time Shares
<b>6</b> (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
<b>1</b> (Baseline assessment)	All Change 	3 Limb Race – Personal Best Challenge Getting Around Us – Personal Best Challenge			Reverse Time shares
<b>2</b>	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Follow the Leader	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time shares
<b>3</b>	All Change 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Raise the Level	Coordination: Ball Skills (FUNS 9) – Challenges	Reverse Time shares
<b>4</b>	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Balance Circuit	Getting Around Us	Reverse Time shares
<b>5</b>	To Bank or Not to Bank? 	Dynamic Balance: On a Line (FUNS 5) – Challenges	Travel and Turn Differently	All Routes	Reverse Time shares
<b>6</b> (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
<b>1</b> (Baseline assessment)	Shape Up! 	Develop Combinations – Personal Best Challenge Exchange Objects – Personal Best Challenge			Roles on a Bus
<b>2</b>	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones Crossing	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
<b>3</b>	Shape Up! 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Stepping Stones	Static Balance: Seated (FUNS 2) – Challenges	Roles on a Bus
<b>4</b>	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Develop Combinations (cooperative)	Find and Select Shapes	Roles on a Bus
<b>5</b>	Dice Frenzy 	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) – Challenges	Follow the Leader	Exchange Objects in 4s	Roles on a Bus
<b>6</b> (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
<b>1</b> (Baseline assessment)	Like Clockwork 	Juggle Challenge – Personal Best Challenge Roller Ball – Personal Best Challenge			Badge of Honour
<b>2</b>	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Your Rebound	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
<b>3</b>	Like Clockwork 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Send and Receive in Order	Counter Balance: With a Partner (FUNS 7) – Challenges	Badge of Honour
<b>4</b>	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Explore and Compare	Lean Away	Badge of Honour
<b>5</b>	Team Juggling 	Coordination: Sending and Receiving (FUNS 8) – Challenges	Collect Different Rebound	Lean On Me	Badge of Honour
<b>6</b> (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
<b>1</b> (Baseline assessment)	Continuous Relay 	Quick off the Mark – Personal Best Challenge  Front Curling – Personal Best Challenge			Comfort, Stretch, Panic
<b>2</b>	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Cooperative Challenges	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
<b>3</b>	Continuous Relay 	Agility: Reaction/Response (FUNS 12) – Challenges	Copy Your Partner	Static Balance: Floor Work (FUNS 3) – Challenges	Comfort, Stretch, Panic
<b>4</b>	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	Link Skills	Reverse Formation	Comfort, Stretch, Panic
<b>5</b>	Balloon Champs! (using balls) 	Agility: Reaction/Response (FUNS 12) – Challenges	2 Ball Challenge	Distance Objects	Comfort, Stretch, Panic
<b>6</b> (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
<b>1</b> (Baseline assessment)	Inside Out 	Tunnels – Personal Best Challenge  Balance Transfer – Personal Best Challenge			Always, Sometimes, Rarely
<b>2</b>	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Timing Through Cooperation	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
<b>3</b>	Inside Out 	Agility: Ball Chasing (FUNS 11) – Challenges	Awareness Challenges	Static Balance: Stance (FUNS 4) – Challenges	Always, Sometimes, Rarely
<b>4</b>	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Develop Combinations	Develop Combinations	Always, Sometimes, Rarely
<b>5</b>	Rock, Paper, Scissors 	Agility: Ball Chasing (FUNS 11) – Challenges	Grand Prix Qualifying (adapted for ball chasing)	Mirror Challenge	Always, Sometimes, Rarely
<b>6</b> (Revisit assessment)	Rock, Paper, Scissors 	Tunnels – revisit Personal Best Challenge  Balance Transfer – revisit Personal Best Challenge			Always, Sometimes, Rarely

# Unit 6