






# Year 1 Curriculum map

Unit	Learning Focus	Weeks	FUNS Station	Theme
1	Personal	1-3	10 Coordination Footwork	 The Birthday Bike Surprise
		4-6	1 Static Balance One Leg	 Pirate Pranks
2	Social	7-9	6 Dynamic Balance to Agility Jumping and Landing	 Journey to the Blue Planet
		10-12	2 Static Balance Seated	 Monkey Business
3	Cognitive	13-15	5 Dynamic Balance	 TOOLS

- I can begin to order instructions, movements and skills.
- I can explain why someone is working or performing well.
- With help, I can recognise similarities and differences in performance.

**Level 1**

- I can name some things I am good at.
- I can understand and follow simple rules.

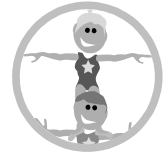
**16-18**

On a Line

Tilly The Train's Big Day

4

Static Balance Stance



Thembi Walks the Tightrope

**4**

Creative

**Level 2**

- I can select and link movements together to fit a theme.
- I can begin to compare my movements and skills with those of others.

**Level 1**

- I can explore and describe different movements.

**19-21**9  
Coordination Ball Skills

Clowning Around

**22-24**7  
Counter Balance With a Partner

Wendy's Water-ski Challenge

**5**

Physical

**Level 2**

- I can perform a sequence of movements with some changes in level, direction or speed.

**25-27**8  
Coordination Sending and Receiving

John and Jasmine Learn to Juggle

- I can perform a range of skills with some control and consistency.

### Level 1

- I can perform a small range of skills and link two movements together.
- I can perform a single skill or movement with some control.

**28-30**

12

Agility  
Reaction /  
Response



Ringo to the  
Rescue

**6**

Health  
and  
Fitness

### Level 2

- I use equipment appropriately and move and land safely.
- I can say how my body feels before, during and after exercise.

### Level 1

- I am aware of why exercise is important for good health.

**31-33**

11

Agility  
Ball Chasing



Sammy  
Squirrel and  
his Rolling  
Nuts

3

Static  
Balance  
Floor Work



Caspar the  
Very Clever  
Cat