

Real PE - Time Zone (Y5/Y6) Curriculum Map

<u>Term</u>	<u>Unit Focus</u>	<u>Weeks</u>	<u>FUNS Station</u>	<u>Learning Focus</u>
<u>Autumn 1</u>	Cognitive	1-6	<u>Coordination:</u> Ball Skills 9	<p style="text-align: center;"><u>Level 4</u></p> <ul style="list-style-type: none"> - I can identify specific parts of the performance to work on. - I can understand way (criteria) to judge performance. - I can use my awareness of space and others to make good decisions.
			<u>Agility:</u> Reaction/Response 12	<p style="text-align: center;"><u>Level 5</u></p> <ul style="list-style-type: none"> - I can develop methods to outwit my opponents. - I can recognise and suggest patterns of play which will increase chances of success. - I have a clear idea of how to develop my own and others' work. <p style="text-align: center;"><u>Level 6</u></p> <ul style="list-style-type: none"> - I review, analyse and evaluate my own and others' strengths and weaknesses. - I can read and react to different situations as they develop.

<p><u>Autumn 2</u></p>	<p>Creative</p>	<p>7-12</p>	<p><u>Static Balance:</u> Seated 2</p>	<p><u>Level 4</u></p> <ul style="list-style-type: none"> - 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 more challenging. <p><u>Level 5</u></p> <ul style="list-style-type: none"> - I can respond imaginatively to different situations. - I can adapt and adjust my skills, movements and tactics so they are different form or in contrast to others. <p><u>Level 6</u></p> <ul style="list-style-type: none"> - I can effectively disguise what I am about to do next. - I can use variety and creativity to engage and audience.
			<p><u>Static Balance:</u> Floor Work 3</p>	

<u>Spring 1</u>	Social	13-18	<u>Dynamic Balance:</u> On a line 5	<u>Level 4</u> - I cooperate well with others and give helpful feedback. - I help organise roles and responsibilities. - I can guide a small group through a task. <u>Level 5</u> - I can negotiate and collaborate appropriately. - I can give and receive sensitive feedback to improve myself and others. <u>Level 6</u> - I can involve others and motivate those around me to perform better.
			<u>Counter Balance:</u> With a Partner 7	

<p><u>Spring 2</u></p>	<p>Physical</p>	<p>19-24</p>	<p><u>Dynamic Balance to Agility:</u> Jumping and Landing 6</p>	<p><u>Level 4</u></p> <ul style="list-style-type: none"> - I can perform a variety of movements and skills with good body tension. - I can link actions together so that they flow. <p><u>Level 5</u></p> <ul style="list-style-type: none"> - I can use a combination of skills confidently in sport specific contexts. - I can perform a range of skills fluently and accurately in practice situations. <p><u>Level 6</u></p> <ul style="list-style-type: none"> - 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.
			<p><u>Static Balance:</u> One Leg 1</p>	

<p><u>Summer 1</u></p>	<p>Health and Fitness</p>	<p>25-27</p>	<p><u>Coordination:</u> Sending and Receiving 8</p>	<p><u>Level 4</u></p> <ul style="list-style-type: none"> - I can describe the basic fitness components. - I can explain how often and how long I should exercise to be healthy. - I can record and monitor how hard I am working. <p><u>Level 5</u></p> <ul style="list-style-type: none"> - I can self-select and perform appropriate warm-up and cool down activities. - I can identify possible dangers when planning an activity. <p><u>Level 6</u></p> <ul style="list-style-type: none"> - I can explain how individuals need different types of and levels of fitness to be more effective in their activity/role/event. - I can plan and follow my own basic fitness programme.
			<p><u>Agility:</u> Reaction/Response 12</p>	

<p><u>Summer 2</u></p>	<p>Personal</p>	<p>31-36</p>	<p><u>Agility:</u> Ball Chasing 11</p>	<p><u>Level 4</u></p> <ul style="list-style-type: none"> - I can persevere with a task and improve my performance through regular practice. - I can cope well and react positively when things become difficult. <p><u>Level 5</u></p> <ul style="list-style-type: none"> - I see all new challenges as opportunities to learn and develop. - I recognise my strengths and weaknesses and can set myself appropriate targets. <p><u>Level 6</u></p> <ul style="list-style-type: none"> - I can create my own learning plan and revise that plan when necessary. - I can accept critical feedback and make changes.
			<p><u>Static Balance:</u> Floor Work 3</p>	