

Real PE - Earth Works (Y3/Y4) Curriculum Map

<u>Term</u>	<u>Unit Focus</u>	<u>Weeks</u>	<u>FUNS Station</u>	<u>Learning Focus</u>
<u>Autumn 1</u>	Personal	1-3	<u>Coordination:</u> Footwork 10	<u>Level 1</u> - I can work on simple tasks by myself. - I can follow simple instructions and practise safely. <u>Level 2</u> - I try several times if at first I don't succeed. - I ask for help when appropriate.
		4-6	<u>Static Balance:</u> One Leg 1	<u>Level 3</u> - I have begun to challenge myself. - I know where I am with my learning. <u>Level 4</u> - I can persevere with a task and improve my performance through regular practice. - I cope well and react positively when things become difficult.

<u>Autumn 2</u>	Social	7-9	<u>Dynamic Balance:</u> Jumping and Landing 6	<u>Level 1</u> - I can work sensibly with others, taking turns and sharing. <u>Level 2</u> - I can help, praise and encourage others in their learning. <u>Level 3</u> - I am happy to show and tell others about my ideas. - I show patience and support others, listening carefully to them about our work.
		10-12	<u>Static Balance:</u> Seated 2	<u>Level 4</u> - 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.

<u>Spring 1</u>	Cognitive	13-15	<u>Dynamic Balance:</u> On a line 5	<u>Level 1</u> - I can name some things I am good at. - I can understand and follow simple rules. <u>Level 2</u> - I can begin to order instructions, movements and skills. - I can explain why someone is working and performing well. - With help, I can recognise similarities and differences in performance.
		16-18	<u>Static Balance:</u> Stance 4	<u>Level 3</u> - I can explain what I am doing well and I have begun to identify areas for improvement. <u>Level 4</u> - I can identify specific parts of performances to work on. - I can understand ways (criteria) to judge performance. - I can use my awareness of space and others to make good decisions.

<u>Summer 1</u>	Physical	25-27	<u>Coordination:</u> Sending and Receiving 8	<u>Level 1</u> - I can perform a small range of skills and link two movements together. - I can perform a single skill of movement with some control. <u>Level 2</u> I can perform a sequence of movements with some changes in level, direction or speed. - I can perform a range of skills with some control consistently. <u>Level 3</u> - 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.
		28-30	<u>Agility:</u> Reaction/Response 12	<u>Level 4</u> - I can perform a variety of movements and skills with good body tension. - I can link actions together so that they flow.

<u>Summer 2</u>	Health and Fitness	31-33	<u>Agility:</u> Ball Chasing 11	<u>Level 1</u> I am aware of why exercise is important for good health. <u>Level 2</u> - I use equipment appropriately and move and land safely. - I can say how my body feels before, during and after exercise. <u>Level 3</u> - I can explain why we need to warm-up and cool down. - I can describe how and why my body changes during and after exercise.
		34-36	<u>Static Balance:</u> Floor Work 3	<u>Level 4</u> - 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.