

## St Meriadoc Junior Academy P.E Curriculum Map 2022-23

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Out	In	Out	In	Out	In	Out	In	Out	Out	Out	Out
3	Invasion Basketball NC Objectives: 1,2,6	Gymnastics NC Objectives: 3, 4, 6	Invasion Football NC Objectives: 1,2,6	Multi Sports <i>delivered by DT Coaching</i> NC Objectives: 1,2,3,4,6	Invasion Hockey NC Objectives: 1,2,3,6	Dance NC Objectives: 3, 4, 6	Invasion Netball NC Objectives: 1,2,6	Tennis NC Objectives: 1,2,6	Athletics NC Objectives: 1,3,6	Invasion Tag rugby <i>delivered by Cornish Pirates</i> NC Objectives: 1,2,6	Striking and fielding NC Objectives: 1,2,6	OAA Teambuilding NC Objectives: 5
4	Invasion Basketball NC Objectives: 1,2,6	Gymnastics NC Objectives: 3, 4, 6  Swimming NC Objectives: 7,8,9	Invasion Football NC Objectives: 1,2,6	Swimming NC Objectives: 7,8,9  Gymnastics NC Objectives: 3, 4, 6	Invasion Hockey NC Objectives: 1,2,3,6	Dance NC Objectives: 3, 4, 6	Invasion Netball NC Objectives: 1,2,6	Tennis NC Objectives: 1,2,6	Athletics NC Objectives: 1,3,6	Invasion Tag rugby NC Objectives: 1,2,6	Striking and fielding NC Objectives: 1,2,6	OAA Teambuilding NC Objectives: 5
5	Invasion Netball NC Objectives: 1,2,6	Gymnastics NC Objectives: 3, 4, 6	Invasion Hockey NC Objectives: 1,2,6	Health and fitness NC Objectives: 3, 6	Invasion Tag Rugby NC Objectives: 1,2,6	Dance NC Objectives: 3, 4, 6	Invasion Ultimate Frizbee <i>delivered by DT Coaching</i> NC Objectives: 1,2,6	Tennis NC Objectives: 1,2,6	Athletics NC Objectives: 1,3,6	Swimming NC Objectives: 7,8,9  Cricket and rounders. NC Objectives: 1,2,6	Cricket and rounders. NC Objectives: 1,2,6  Swimming NC Objectives: 7,8,9	Invasion Football NC Objectives: 1,2,6
6	Invasion Netball NC Objectives: 1,2,6	Gymnastics NC Objectives: 3, 4, 6	Invasion Hockey NC Objectives: 1,2,6	Health and fitness NC Objectives: 3, 6	Invasion Ultimate Frizbee <i>delivered by DT Coaching</i>  NC Objectives: 1,2,6	Dance NC Objectives: 3, 4, 6	Invasion Tag Rugby NC Objectives: 1,2,6	Tennis NC Objectives: 1,2,6	Athletics NC Objectives: 1,3,6	Invasion Football NC Objectives: 1,2,6	Cricket and rounders NC Objectives: 1,2,6	OAA Teambuilding and residential trip NC Objectives: 5

Swimming catch up for y6 pupils who cannot swim 25m: NC Objectives 7, 8, 9.

*I can do all this through him who gives me strength - Philipians 4:13*

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All indoor sessions can be taken outside depending on weather - please discuss with other staff with session at the same time.



CLUBS	<ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> <li>• Bike Club</li> <li>• Dance</li> <li>• Autumn 2 - Nerf Wars</li> </ul>	•	•
COMPETITIONS/ EXTERNAL EVENTS	<ul style="list-style-type: none"> <li>• Girls Football Tournament</li> <li>• Playground leader training</li> <li>• Local League Football Matches</li> <li>• Cross Country</li> <li>• Netball Masterclass</li> <li>• Football Masterclass</li> <li>• Netball CSG Qualifiers</li> <li>• Football CSG Qualifiers</li> <li>• Basketball Masterclass</li> <li>• Year 3/4 Multiskills event</li> <li>• Year 5/6 Multiskills event</li> <li>• Rainbow MAT World Cup Football Tournament</li> <li>• CSG Netball Finals</li> </ul>	•	•

## Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating,

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collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.



Pupils should be taught to:

1. use running, jumping, throwing and catching in isolation and in combination
2. play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
3. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
4. perform dances using a range of movement patterns
5. take part in outdoor and adventurous activity challenges both individually and within a team
6. compare their performances with previous ones and demonstrate improvement to achieve their personal best

### Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

7. swim competently, confidently and proficiently over a distance of at least 25 metres
8. use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
9. perform safe self-rescue in different water-based situations

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