



## PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 1	Boot Camp	Skip to the Beat	Brilliant Ball Skills	Mighty Movers (Running)	Active Athletics	Throwing and Catching
	Multi-Skills	Story Time Dance	Groovy Gymnastics	Gymfit Circuits	Cool Core (Strength)	Fitness Frenzy
YEAR 2	Mighty Movers (Running)	Multi-Skills	Skip to the Beat	Brilliant Ball Skills	Active Athletics	Throwing and Catching
	Ugly Bug Ball Dance	Boot Camp	Groovy Gymnastics	Gymfit Circuits	Fitness Frenzy	Cool Core (Strength)
YEAR 3	Multi-Skills	Throwing and Catching	Mighty Movers (Running)	Groovy Gymnastics	Active Athletics	Brilliant Ball Skills
	Fitness Frenzy	Cool Core (Strength)	Gymfit Circuits	Skip to the Beat	African Dance	Boot Camp
YEAR 4	Nimble Nets	Invaders	Gym Sequences	Dynamic Dance	Young Olympians	Striking and Fielding
	Cool Core (Pilates)	Boot Camp	Step to the Beat	Mighty Movers (Boxercise)	Gymfit Circuits	Fitness Frenzy
YEAR 5	Gym Sequences	Invaders	Dynamic Dance	Nimble Nets	Young Olympians	Striking and Fielding
	Step to the Beat	Boot Camp	Mighty Movers (Boxercise)	Cool Core (Pilates)	Gymfit Circuits	Fitness Frenzy
YEAR 6	Gym Sequences	Dynamic Dance	Nimble Nets	Invaders	Young Olympians	Striking and Fielding
	Step to the Beat	Mighty Movers (Boxercise)	Cool Core (Pilates)	Boot Camp	Gymfit Circuits	Fitness Frenzy