



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Continual physical development including gross motor kills and fine motor skills. Squiggle whilst you wiggle Outdoor area Yoga					
R	Body movements	Obstacles	Ball skills	Gymnastics	Obstacles & ball skills	Races
Y1	Multi-Skills	Story Time Dance	Groovy Gymnastics	Cool Core (Strength)	Skip to the Beat	Gymfit Circuits
	Boot Camp	Fitness Frenzy	Mighty Movers (Running)	Brilliant Ball Skills	Throwing and Catching	Active Athletics
Y2	Multi-Skills	Ugly Bug Ball Dance	Groovy Gymnastics	Cool Core (Strength)	Skip to the Beat	Gymfit Circuits
	Boot Camp	Fitness Frenzy	Mighty Movers (Running)	Brilliant Ball Skills	Throwing and Catching	Active Athletics
Y3	Multi-Skills	African Dance	Groovy Gymnastics	Cool Core (Pliates)	Skip to the Beat	Gymfit Circuits
	Boot Camp	Fitness Frenzy	Mighty Movers (Running)	Brilliant Ball Skills	Throwing and Catching	Active Athletics
Y4	Mighty Movers (Boxercise)	Dynamic Dance Line Dancing	Gym Sequences	Cool Core (Pliates)	Step to the Beat	Gymfit Circuits
	Boot Camp	Nimble Nets	Fitness Frenzy	Invaders	Striking and Fielding	Young Olympians
Y5	Mighty Movers (Boxercise)	Dynamic Dance Bollywood	Gym Sequences	Cool Core (Pliates)	Step to the Beat	Gymfit Circuits
	Boot Camp	Nimble Nets	Fitness Frenzy	Invaders	Striking and Fielding	Young Olympians
Y6	Gym Sequences	Mighty Movers (Boxercise)	Dynamic Dance	Cool Core (Pliates)	Step to the Beat	Gymfit Circuits
	Boot Camp	Nimble Nets	Fitness Frenzy	Invaders	Striking and Fielding	Young Olympians

See also the progression of knowledge & skills for each year group.