



PE Champions Year Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Physical movement Balance Eye co-ordination Core stability	Body awareness (move to learn) Incorporating spatial awareness Dance – Christmas	Gymnastics	Gymnastics Outside travel – avoiding obstacles, change pace and direction	Ball Skills (move to learn) Throwing and catching Racket skills Racket skills – targets	Dance – traditional Basic Athletics – linked to Sports Day
Year 1	Multi-Skills	Story Time Dance	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics
	Boot Camp	Mighty Movers (Running)	Skip to the Beat	Gymfit Circuits	Cool Core (Strength)	Fitness Frenzy
Year 2	Multi-skills	Ugly Bug Ball Dance	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics
	Mighty Movers (Running)	Boot Camp	Skip to the Beat	Gymfit Circuits	Fitness Frenzy	Cool Core (Strength)
Year 3	Multi-skills	African Dance	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching Mighty	Active Athletics
	Fitness Frenzy	Cool Core (Strength)	Skip to the Beat	Gymfit Circuits	Movers (Running)	Boot Camp
Year 4	Nimble Nets	Dynamic Dance	Gym Sequences	Invaders	Striking and Fielding	Young Olympians
	Cool Core (Pilates)	Boot Camp	Step to the beat	Mighty Movers (Boxercise)	Gymfit Circuits	Fitness Frenzy
Year 5	Nimble Nets	Dynamic Dance	Gym Sequences	Invaders	Striking and Fielding	Young Olympians
	Step to the beat	Boot Camp	Mighty Movers (Boxercise)	Cool Core (Pilates)	Gymfit Circuits	Fitness Frenzy
Year 6	Nimble Nets	Dynamic Dance	Gym Sequences	Invaders	Striking and Fielding	Young Olympians
	Mighty Movers (Boxercise)	Step to the beat	Cool Core (Pilates)	Boot Camp	Gym Fit Circuits	Fitness Frenzy

Red activities are also focus of afterschool club