



**KS1 and KS2 PE**

**Sport, Fitness, Health and Well-being**

## Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi-Skills Boot Camp	Mighty Movers: Running  Story Time Dance	Skip to the Beat  Groovy Gymnastics	Brilliant Ball Skills  Gymfit Circuits	Throwing and Catching  Cool Core: Strength	Active Athletics  Fitness Frenzy

## Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi-Skills Boot Camp	Mighty Movers: Running  Ugly Bug Ball Dance	Skip to the Beat  Groovy Gymnastics	Brilliant Ball Skills  Gymfit Circuits	Throwing and Catching  Cool Core: Strength	Active Athletics  Fitness Frenzy

### Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi-Skills Boot Camp	Mighty Movers: Running  African Dance	Skip to the Beat  Groovy Gymnastics	Brilliant Ball Skills  Gymfit Circuits	Throwing and Catching  Cool Core: Strength	Active Athletics  Fitness Frenzy
Swimming					

### Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders: Football	Dynamic Dance	Gym Sequences	Nimble Nets: Tennis	Striking & Fielding: Cricket/Rounders	Young Olympians: Athletics
Swimming					

## Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders: Netball	Dynamic Dance	Gym Sequences	Nimble Nets: Tennis	Striking & Fielding: Cricket/Rounders	Young Olympians: Athletics
Swimming					

## Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders: Rugby Boot Camp	Mighty Movers: Boxercise Dynamic Dance	Step to the Beat Gym Sequences	Nimble Nets: Badminton Cool Core: Pilates	Striking & Fielding: Rounders Gymfit Circuits	Young Olympians: Athletics Fitness Frenzy
Swimming					