

PE Curriculum Overview 2019/20

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Multiskills	Cool core strength	Brilliant ball skills	Fitness frenzy	Skip to the beat	Active athletics
YEAR 1	Storytime dance	Gymfit circuits	Groovy gymnastics	Boot camp fitness	Throwing and catching	Might movers running
YEAR 2	Multiskills Boot camp fitness	Ugly bug dance Mighty movers running	Groovy Gymnastics Skip fitness	Brilliant ball skills Gymfit circuits	Throwing and catching Cool core strength	Active athletics Fitness frenzy
YEAR 3	Multiskills OAA*	African dance Mighty movers running	Groovy Gymnastics Skip fitness	Brilliant ball skills Gymfit circuits	Throwing and catching Cool core strength	Active athletics Fitness frenzy
YEAR 4	Invaders OAA*	Line dancing Mighty movers box'cise	Gym sequences Step to the beat	Striking and fielding Gymfit circuits	Nimble nets Cool core pilates	Young Olympians Fitness frenzy
YEAR 5	Invaders OAA*	Bollywood dance Mighty movers box'cise	Gym sequences Step to the beat	Striking and fielding Gymfit circuits	Nimble nets Cool core pilates	Young Olympians Fitness frenzy
YEAR 6	Invaders OAA*	Street dance Mighty movers box'cise	Gym sequences Step to the beat	Striking and fielding Gymfit circuits	Nimble nets Cool core pilates	Young Olympians Fitness frenzy

**Outdoor Adventurous Activities using Curriculum Adventurous Activities for Primary Schools (CAAPS) Scheme
Champions also contains health/wellbeing content which can be incorporated into science and/or PSHE curriculum teaching*