



PE Champions Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3.1 Multiskills	3.1 Mighty Movers (Running)	3.3 Skip to the Beat	3.4. Brilliant Ball Skills (Basketball)	3.5 Throwing and Catching (Cricket/Rounders)	3.6 Active Athletics
3.1 Boot Camp	3.2 African Dance	3.3 Groovy Gymnastics	3.4 Gymfit Circuits	3.5 Cool Core (Strength)	3.6 Fitness Frenzy
4.1 Invaders (Football)	4.2 Dynamic Dance	4.3 Gym Sequences	4.5 Nimble Nets (Tennis)	4.4 Striking and Fielding (Kwik Cricket)	4.6 Young Olympians
4.1 Boot Camp	4.5 Cool Core (Pilates)	4.3 Step to the beat	4.2 Mighty Movers (Boxercise)	4.4 Gymfit Circuits	4.6 Fitness Frenzy
5.1 Invaders (Netball)	5.3 Gym Sequences	5.2 Dynamic Dance	5.5 Nimble Nets (Netball)	5.4 Striking and Fielding (Cricket)	5.6 Young Olympians
5.1 Boot Camp	5.2 Mighty Movers (Boxercise)	5.3 Step to the beat	5.5 Cool Core (Pilates)	5.4 Gymfit Circuits	5.6 Fitness Frenzy
6.1 Invaders (Tag Rugby)	6.2 Dynamic Dance	6.5 Nimble Nets (Badminton)	6.3 Gym Sequences	6.4 Striking and Fielding	6.6 Young Olympians
6.1 Boot Camp	6.3 Step to the beat	6.2 Mighty Movers (Boxercise)	6.5 Cool Core (Pilates)	6.4 Gym Fit Circuits	5.6 Fitness Frenzy