



## PE Champions Whole school Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical movement Balance Eye co-ordination Core stability Storycises (daily 20mins)	Body awareness (move to learn) Incorporating spatial awareness Dance – Christmas Storycises (daily 20mins)	Gymnastics – linked to literacy topic (fairytales) Storycises (daily 20mins)	Gymnastics – linked to literacy topic (minibeasts) Outside travel – avoiding obstacles, change pace and direction Storycises (daily 20mins)	Ball Skills (move to learn) Throwing and catching Racket skills Racketskills–targets Storycises (daily 20mins)	Dance–traditional Basic Athletics – linked to Sports Day Storycises (daily 20mins)
1.1 Multi-Skills	1.2 Mighty Movers (Running)	1.3 Skip to the Beat	1.4 Brilliant Ball Skills	1.5 Throwing and Catching	1.6 ActiveAthletics
1.1 Boot Camp	1.2 StoryTimeDance	1.3 Groovy Gymnastics	1.4 Gymfit Circuits	1.5 Cool Core (Strength)	1.6 Fitness Frenzy
2.2 Mighty Movers (Running)	2.1 Multi-skills	2.3 Skip to the Beat	2.4 Brilliant Ball Skills	2.6 ActiveAthletics	2.5 Throwing and Catching
2.2 Ugly Bug Ball Dance	2.1 Boot Camp	2.3 Groovy Gymnastics	2.4 Gymfit Circuits	2.6 Fitness Frenzy	2.5 Cool Core (Strength)
3.6 Active Athletics	3.5 Throwing and Catching	3.3 Skip to the Beat	3.4. BrilliantBall Skills	3.2 Mighty Movers (Running)	3.1 Multi-skills

3.6 Fitness Frenzy	3.5 Cool Core (Strength)	3.3 Groovy Gymnastics	3.4 Gymfit Circuits	3.2 African Dance	3.1 Boot Camp
4.5 Nimble Nets	4.1 Invaders	4.3 Gym Sequences	4.2 Dynamic Dance	4.4 Striking and Fielding	4.6 Young Olympians
4.5 Cool Core (Pilates)	4.1 Boot Camp	4.3 Step to the beat	4.2 Mighty Movers (Boxercise)	4.4 Gymfit Circuits	4.6 Fitness Frenzy
5.3 Gym Sequences	5.1 Invaders	5.2 Dynamic Dance	5.5 Nimble Nets	5.4 Striking and Fielding	5.6 Young Olympians
5.3 Step to the beat	5.1 Boot Camp	5.2 Mighty Movers (Boxercise)	5.5 Cool Core (Pilates)	5.4 Gymfit Circuits	5.6 Fitness Frenzy
6.3 Gym Sequences	6.2 Dynamic Dance	6.5 Nimble Nets	6.1 Invaders	6.4 Striking and Fielding	6.6 Young Olympians
6.3 Step to the beat	6.2 Mighty Movers (Boxercise)	6.5 Cool Core (Pilates)	6.1 Boot Camp	6.4 Gym Fit Circuits	5.6 Fitness Frenzy

Year 5 take part in swimming lessons during the Spring and Summer terms. 95% of our current Year 6 cohort can swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively. 88% of these children can perform safe self-rescue in different water-based situations.