

PE Champions Year Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	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 Active Athletics
	1.1 Boot Camp	1.2 Story Time Dance	1.3 Groovy Gymnastics	1.4 Gymfit Circuits	1.5 Cool Core (Strength)	1.6 Fitness Frenzy
2	2.2 Mighty Movers (Running)	2.1 Multi-skills	2.3 Skip to the Beat	2.4 Brilliant Ball Skills	2.6 Active Athletics	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	3.6 Active Athletics	3.5 Throwing and Catching	3.3 Skip to the Beat	3.4. Brilliant Ball 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	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	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	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