

PE Overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Attacking & Defending	Gymnastics	Dance & Movement	Throwing & Catching	Athletics	Multi Skills
	Fitness Camp	Cool Core (strength)	Skip to the Beat	Gymfit Circuits	Might Movers (running)	Fitness Frenzy
Year 2	Attacking & Defending	Gymnastics	Dance & Movement	Throwing & Catching	Athletics	Multi Skills
	Fitness Camp	Cool Core (strength)	Skip to the Beat	Gymfit Circuits	Might Movers (running)	Fitness Frenzy
Year 3	Attacking & Defending	Gymnastics	Dance & Movement	Ball skills	Athletics	Striking & Fielding
	Fitness Camp	Cool Core (strength)	Skip to the Beat	Gymfit Circuits	Might Movers (running)	Fitness Frenzy
Year 4	Attacking & Defending	Gymnastics	Dance & Movement	Ball skills	Athletics	Striking & Fielding
	Fitness Camp	Boxercise	Skip to the Beat	Swimming	Swimming	Swimming
Year 5	Attacking & Defending	Gymnastics	Dance & Movement	Ball skills	Athletics	Striking & Fielding
	Fitness Camp	Pilates	Skip to the Beat	Gymfit Circuits	Boxercise	Fitness Frenzy
Year 6	Attacking & Defending	Gymnastics	Dance & Movement	Ball skills	Athletics	Striking & Fielding
	Fitness Camp	Pilates	Skip to the Beat	Gymfit Circuits	Boxercise	Fitness Frenzy