

P.E. Whole School Curriculum Map 2023/2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Sport	Multi-Skills	Story Time Dance	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics
Year 1 Fitness	Boot Camp	Skip to the Beat	Cool Core (Strength)	Gymfit Circuits	Fitness Frenzy	Mighty Movers (Running)
Year 1 Health	Body Parts and their functions	Diet and Vitamins	Hygiene, medicine and exercise	Body protectors and body changes	Relationships with others and opinions	Healthy minds, emotions and goals
Year 2 Sport	Groovy Gymnastics	Ugly Bug Ball Dance	Multi-skills	Brilliant Ball Skills	Throwing and Catching	Active Athletics
Year 2 Fitness	Boot Camp	Skip to the Beat	Cool Core (Strength)	Gymfit Circuits	Fitness Frenzy	Mighty Movers (Running)
Year 2 Health	Body Parts and their functions	Diet and Vitamins	Hygiene, medicine and exercise	Body protectors and body changes	Relationships with others and opinions	Healthy minds, emotions and goals
Year 3 Sport	Multi-skills	African Dance	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics
Year 3 Fitness	Boot Camp	Skip to the Beat	Cool Core (Strength)	Gymfit Circuits	Fitness Frenzy	Mighty Movers
Year 3 Health	Body Parts and their functions	Diet and Vitamins	Hygiene, medicine and exercise	Body protectors and body changes	Relationships with others and opinions	Healthy minds, emotions and goals

Year 4 Sport	Invaders (Football)	Dynamic Dance	Gym Sequences	Cool Core (Pilates)	Young Olympians	Striking and Fielding
Year 4 Fitness	Step to the beat	Mighty Movers (Boxercise)	Boot Camp	Gymfit Circuits	Fitness Frenzy	Nimble Nets
Year 4 Health	Healthy body: inside out!	Germ Busters!	Healthy lifestyles: You are what you eat!	Healthy body: Blood and guts	Healthy mind: Healthy body	Healthy mind: Going for goals
Year 5 Sport	Invaders (Netball)	Dynamic Dance	Gym Sequences	Cool Core (Pilates)	Young Olympians	Striking and Fielding
Year 5 Fitness	Step to the beat	Mighty Movers (Boxercise)	Boot Camp	Gymfit Circuits	Fitness Frenzy	Nimble Nets
Year 5 Health	Healthy body: Inside out!	Germ busters!	Healthy lifestyles: You are what you eat!	Healthy body: Blood and guts	Healthy mind: Healthy body	Healthy mind: Going for goals
Year 6 Sport	Invaders (Rugby)	Dynamic Dance	Gym Sequences	Cool Core (Pilates)	Young Olympians	Striking and Fielding
Year 6 Fitness	Step to the beat	Mighty Movers (Boxercise)	Boot Camp	Gymfit Circuits	Fitness Frenzy	Nimble Nets
Year 6 Health	Healthy body: Inside out!	Germ busters!	Healthy lifestyles: You are what you eat!	Healthy body: Blood and guts	Healthy mind: Healthy body	Healthy mind: Going for goals