

## PE 2023-2025

Cycle B = 2023-2024 Cycle A= 2024-2025

Class	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>Class 1 Cycle A</b>	Gymnastics: Gym in the Jungle	Dance: Dinosaurs	Best of Balls	Dance: Dance till you drop	Gymnastics: Jumping Jacks	Games: The Olympics
<b>Class 1 Cycle B</b>	Gymnastics: Gym in the Jungle	Dance: Dinosaurs	Best of Balls	Dance: Dance till you drop	Gymnastics: Jumping Jacks	Games: The Olympics
<b>Class 2 Cycle A</b>	Unit 1 Multi skills and Boot Camp (fitness)	Unit 2 Dance and Mighty Movers (running and team games)	Unit 3 Gymnastics Skipping	Unit b4 Ball skills and Gym fit (circuits)	Unit 5 Throwing and Catching Core Strength (Pilates)	Unit 6 Athletics and Fitness Frenzy (strength and Stamina)
<b>Class 2 cycle B</b>	Unit 1 Multi skills and Boot Camp (fitness)	Unit 2 Dance and Mighty Movers (running and team games)	Unit 3 Gymnastics Skipping	Unit b4 Ball skills and Gym fit (circuits)	Unit 5 Throwing and Catching Core Strength (Pilates)	Unit 6 Athletics and Fitness Frenzy (strength and Stamina)
<b>Class 3 Cycle A</b>	Swimming Unit 1 Multi-skills and Boot Camp	Swimming Unit 2 African Dance and Mighty Movers (running)	Unit 3 Groovy Gymnastics Skip to The Beat (skipping)	Unit 4 Brilliant Ball Skills (netball) and Gymfit Circuits Maypole	Unit 5 Throwing and Catching (field games) Core Strength (Pilates)	Unit 6 Active athletics (Sports day) Fitness Frenzy (Stamina)
<b>Class 3 cycle B</b>	Swimming Unit 1 Multi-skills and Boot Camp	Swimming Unit 2 African Dance and Mighty Movers (running)	Unit 3 Groovy Gymnastics Skip to The Beat (skipping)	Unit 4 Brilliant Ball Skills (netball) and Gymfit Circuits Maypole	Unit 5 Throwing and Catching (field games) Core Strength (Pilates)	Unit 6 Active athletics (Long jump, javelin, running, relay) Fitness Frenzy (Stamina)
<b>Class 4 Cycle A</b>	Swimming Unit 1 Invaders (defending and attacking) Boot Camp	Swimming Unit 2 Aerobic dance Boxercise	Unit 3 Gym sequences Step to the Beat (Aerobics)	Unit 4 Striking and Fielding Gymfit circuits Maypole	Unit 5 Nimble Nets (Basketball) Core Strength (Pilates)	Unit 6 Young Olympians (Long jump, javelin, running, relay)
<b>Class 4 cycle B</b>	Swimming Unit 1 Invaders (defending and attacking) Boot Camp	Swimming Unit 2 Aerobic dance Boxercise	Unit 3 Gym sequences Step to the Beat (Aerobics)	Unit 4 Striking and Fielding Gymfit circuits Maypole	Unit 5 Nimble Nets (Basketball) Core Strength (Pilates)	Unit 6 Young Olympians (Long jump, javelin, running, relay)

<b>Additional events</b>	Dodgeball	Tennis and Fencing	<b>Dodgeball</b>	<b>Country dancing</b> Maypole	<b>Cricket and Rounders'</b>	<b>Dodgeball</b> <b>Sports Day</b>
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