|  |
| --- |
| PE 2021-2023Cycle B = 2021-2022 Cycle A= 2022-2023  |
| **Class** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **Class 2 Cycle A** | Unit 1 Multi skills and Boot Camp (fitness) | Unit 2 Dance and Mighty Movers (running and team games) | Unit 3 GymnasticsSkipping  | Unit b4 Ball skills and Gym fit (circuits)  | Unit 5 Throwing and CatchingCore Strength (Pilates) | Unit 6 Athletics and Fitness Frenzy (strength and Stamina) |
| **Class 2 cycle B** | Unit 1 Multi skills and Boot Camp (fitness) | Unit 2 Dance and Mighty Movers (running and team games) | Unit 3 GymnasticsSkipping  | Unit b4 Ball skills and Gym fit (circuits)  | Unit 5 Throwing and CatchingCore Strength (Pilates) | Unit 6 Athletics and Fitness Frenzy (strength and Stamina) |
| **Class 3 Cycle A** | SwimmingUnit 1 Multi-skills and Boot Camp | SwimmingUnit 2 African Dance and Mighty Movers (running) | Unit 3 Groovy Gymnastics Skip to The Beat (skipping) | Unit 4Brilliant Ball Skills (netball) and Gymfit Circuits Maypole | Unit 5Throwing and Catching (field games)Core Strength (Pilates) | Unit 6Active athletics (Sports day)Fitness Frenzy (Stamina) |
| **Class 3 cycle B** | SwimmingUnit 1 Multi-skills and Boot Camp | SwimmingUnit 2 African Dance and Mighty Movers (running) | Unit 3 Groovy Gymnastics Skip to The Beat (skipping) | Unit 4Brilliant Ball Skills (netball) and Gymfit Circuits Maypole | Unit 5Throwing and Catching (field games)Core Strength (Pilates) | Unit 6Active athletics (Long jump, javelin, running, relay)Fitness Frenzy (Stamina) |
| **Class 4 Cycle A** | SwimmingUnit 1 Invaders (defending and attacking)Boot Camp | SwimmingUnit 2Aerobic danceBoxercise | Unit 3Gym sequencesStep to the Beat (Aerobics) | Unit 4Striking and FieldingGymfit circuitsMaypole | Unit 5 Nimble Nets (Basketball)Core Strength (Pilates) | Unit 6Young Olympians (Long jump, javelin, running, relay) |
| **Class 4 cycle B** | SwimmingUnit 1 Invaders (defending and attacking)Boot Camp | SwimmingUnit 2Aerobic danceBoxercise | Unit 3Gym sequencesStep to the Beat (Aerobics) | Unit 4Striking and FieldingGymfit circuitsMaypoley | Unit 5 Nimble Nets (Basketball)Core Strength (Pilates) | Unit 6Young Olympians (Long jump, javelin, running, relay) |
| **Additional events** | Dodgeball | Tennis and Fencing  | **Dodgeball** | **Country dancing**Maypole | **Cricket and Rounders’** | **Dodgeball****Sports Day** |