

Key stage 1: POS Statement	Year 1 - Champions Units	Year 2 - Champions Units
<p><b>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</b></p>	<p>1.1 Multi-Skills 1.2 Boot camp 2.1 Story time dance 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.2 Gymfit circuits 5.1 Throwing and catching 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy</p>	<p>1.1 Multi-Skills 1.2 Boot camp 2.1 Ugly bug ball dance 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.2 Gymfit circuits 5.1 Throwing and catching 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy</p>
<p><b>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations</b></p>	<p>1.1 Multi-skills 3.2 Skip to the Beat 4.1 Brilliant Ball Skills 5.1 Throwing and catching 6.1 Active athletics</p>	<p>1.1 Multi-skills 2.2 Mighty movers 4.1 Brilliant ball skills</p>
<p><b>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</b></p>	<p>1.1 Multi-skills 1.2 Boot camp 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.1 Brilliant ball skills 4.2 Gymfit circuits 5.1 Throwing and catching (field games) 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy</p>	<p>1.1 Multi-skills 1.2 Boot camp 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.1 Brilliant ball skills 4.2 Gymfit circuits 5.1 Throwing and catching (field games) 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy</p>
<p><b>Pupils should be taught to participate in team games, developing simple tactics for attacking and defending</b></p>	<p>4.1 Brilliant ball skills 5.1 Throwing and catching (field games) 6.1 Active athletics</p>	<p>1.1 Multi-skills 4.1 Brilliant ball skills</p>
<p><b>Pupils should be taught to perform dances using simple movement patterns.</b></p>	<p>2.1 Story time dance</p>	<p>2.1 Ugly bug ball dance</p>