

St James PE Champions Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2 Cycle A	1.1 Multi-Skills 2.3 Groovy Gymnastics	1.3 Skip to the Beat 2.1 Boot Camp	1.2 Story Time Dance 2.2 Mighty Movers (Running)	1.4 Brilliant Ball Skills 2.4 Gymfit Circuits	1.5 Throwing and Catching 2.6 Fitness Frenzy	1.6 Active Athletics 2.5 Cool Core (Strength)
Year 1/2 Cycle B	1.3 Groovy Gymnastics 2.3 Skip to the Beat	1.2 Mighty Movers (Running) 2.1 Multi-skills	1.1 Boot Camp 2.2 Ugly Bug Ball Dance	1.4 Gymfit Circuits 2.4 Brilliant Ball Skills	1.5 Cool Core (Strength) 2.6 Active Athletics	1.6 Fitness Frenzy 2.5 Throwing and catching
Year 3/4 Cycle A	Swimming 4.3 Gym Sequences	3.5 Throwing and Catching 4.2 Dynamic Dance	4.5 Nimble Nets 3.5 Cool Core (Strength)	3.4. Brilliant Ball Skills 3.3 Skip to the Beat	4.4 Striking and Fielding 3.1 Multi-skills	Gymnastics 4.6 Fitness Frenzy
Year 3/4 Cycle B	3.6 Fitness Frenzy Swimming	3.2 African Dance 4.1 Boot Camp	4.3 Step to the beat 4.5 Cool Core (Pilates)	3.4 Gymfit Circuits 4.2 Mighty Movers (Boxercise)	4.1 Invaders 3.3 Groovy Gymnastics	3.1 Boot Camp 4.6 Young Olympians
Year 5/6 Cycle A	5.3 Gym Sequences 6.3 Step to the beat	5.1 Invaders 6.4 Gym Fit Circuits	5.2 Mighty Movers (Boxercise) Gymnastics	5.5 Nimble Nets 6.1 Invaders	5.4 Striking and Fielding 5.6 Fitness Frenzy	6.2 Dynamic Dance Swimming
Year 5/6 Cycle B	5.3 Step to the beat 6.3 Gym Sequences	5.1 Boot Camp 6.2 Mighty Movers (Boxercise)	6.5 Nimble Nets Gymnastics	5.5 Cool Core (Pilates) 6.1 Boot Camp	5.2 Dynamic Dance 6.4 Striking and Fielding	6.6 Young Olympians Swimming