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| PE 2021-2023  Cycle 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 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) |
| **Class 2 cycle 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) |
| **Class 3 Cycle A** | 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) |
| **Class 3 cycle 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) |
| **Class 4 Cycle A** | 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) |
| **Class 4 cycle 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  Maypoley | Unit 5  Nimble Nets (Basketball)  Core Strength (Pilates) | Unit 6  Young Olympians (Long jump, javelin, running, relay) |
| **Additional events** | Dodgeball | Tennis and Fencing | **Dodgeball** | **Country dancing**  Maypole | **Cricket and Rounders’** | **Dodgeball**  **Sports Day** |