

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Groovy Gymnastics	Story time dance	Multi Skills	Brilliant ball skills	Throwing and catching (field games)	Active Athletics
Fitness	Cool core	Skip to the beat	Boot camp	Gymfits Circuits	Mighty Movers (running)	Fitness Frenzy
Health	Body Parts and their functions.	Healthy mind, emotions and goals.	Hygiene, medicine and exercise.	Body protectors and body changes	Relationships with others and opinions.	Diet and Vitamins.

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Groovy Gymnastics	Ugly bug ball dance	Multi Skills	Brilliant ball skills	Throwing and catching (field games)	Active Athletics
Fitness	Cool core	Skip to the beat	Boot camp	Gymfits Circuits	Mighty Movers (running)	Fitness Frenzy
Health	Body Parts and their functions.	Healthy mind, emotions and goals.	Hygiene, medicine and exercise.	Body protectors and body changes	Relationships with others and opinions.	Diet and Vitamins.

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Groovy Gymnastics	African dance	Multi Skills	Brilliant ball skills	Throwing and catching (field games)	Active Athletics
Fitness	Cool core	Skip to the beat	Boot camp	Gymfits Circuits	Mighty Movers (running)	Fitness Frenzy
Health	Body Parts and their functions.	Healthy mind, emotions and goals.	Hygiene, medicine and exercise.	Body protectors and body changes	Relationships with others and opinions.	Diet and Vitamins.

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Young Olympians	Dynamic dance	Gym sequences	Striking and fielding	Nimble nets	Invaders
Fitness	Cool core (pilates)	Mighty Movers (boxercise)	Step to the beat	Gymfits Circuits	Boot camp	Fitness Frenzy
Health	Healthy body: Inside out	Healthy mind: Going for goals	Healthy Lifestyle: You are what you eat!	Healthy Body: Blood and Guts	Healthy mind: healthy body	Healthy lifestyle: Germ busters!

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Young Olympians	Dynamic dance	Gym sequences	Striking and fielding	Nimble nets	Invaders
Fitness	Cool core (pilates)	Mighty Movers (boxercise)	Step to the beat	Gymfits Circuits	Boot camp	Fitness Frenzy
Health	Healthy body: Inside out	Healthy mind: Going for goals	Healthy Lifestyle: You are what you eat!	Healthy Body: Blood and Guts	Healthy mind: healthy body	Healthy lifestyle: Germ busters!

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Young Olympians	Dynamic dance	Gym sequences	Striking and fielding	Nimble nets	Invaders
Fitness	Cool core (pilates)	Mighty Movers (boxercise)	Step to the beat	Gymfits Circuits	Boot camp	Fitness Frenzy
Health	Healthy body: Inside out	Healthy mind: Going for goals	Healthy Lifestyle: You are what you eat!	Healthy Body	Healthy mind: healthy body	Healthy lifestyle: Germ busters!