



PE Whole School Overview
2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE	Dance	Gymnastics	Fundamentals	Ball Skills	Games
Year 1	Multi-Skills Boot Camp	Story Time Dance Mighty Movers	Brilliant Ball Skills Gymfit Circuits	Primary Gymnastics x2	Throwing and Catching Cool Core (Strength)	Active Athletics Fitness Frenzy
Year 2	Ugly Bug Ball Dance Mighty Movers	Multi-Skills Boot Camp	Primary Gymnastics x2	Brilliant Ball Skills Gymfit Circuits	Active Athletics Fitness Frenzy	Throwing and Catching Cool Core (Strength)
Year 3	Active Athletics Fitness Frenzy	Throwing and Catching Cool Core (strength)	Primary Gymnastics x2	Brilliant Ball Skills Gymfit Circuits	Mighty Movers African Dance	Multi-Skills Swimming (or Boot Camp)
Year 4	Primary Gymnastics x2	Invaders Boot Camp	Nimble Nets Cool Core (Pilates)	Dynamic Dance Swimming	Striking and Fielding Swimming	Young Olympians Fitness Frenzy
Year 5	Primary Gymnastics x2	Invaders Swimming	Dynamic Dance Swimming	Nimble Nets Cool Core (Pilates)	Striking and Fielding Gymfit Circuits	Young Olympians Fitness Frenzy
Year 6	Invaders Swimming	Primary Gymnastics x2	Dynamic Dance Bootcamp	Nimble Nets Pilates	Striking and Fielding Gymfit Circuits	Young Olympians Fitness Frenzy