

PE – Topics and Opportunities

Yr Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Other Opportunities
Year 1 Indoor	Boot Camp	Story Time Dance	Groovy Gymnastics	Gymfit Circuits	Cool Core (Strength)	Fitness Frenzy	Specialist coaching Dance performance to parents Phase Competitions Mountbatten Centre Trip Chelsea Football Club
Year 1 Outdoor	Multi-Skills	Mighty Movers	Skip to the Beat	Brilliant Ball Skills	Throwing and Catching	Active Athletics	
Year 2 Indoor	Ugly Bug Ball Dance	Boot Camp	Groovy Gymnastics	Gymfit Circuits	Fitness Frenzy	Cool Core (Strength)	Specialist coaching Phase Competitions Chelsea Football Club
Year 2 Outdoor	Multi-skills	Skip to the Beat	Brilliant Ball Skills	Active Athletics	Throwing and Catching	Multi-skills	
Year 3 Indoor	Active Athletics	Throwing and Catching	Skip to the Beat	Brilliant Ball Skills	Mighty Movers (Running)	Multi-skills	Basketball Coaching Sportshall Athletics KS2 Athletics Competition Ceilidh Dance Festival Orienteering Coaching
Year 3 Outdoor	Fitness Frenzy	Cool Core (Strength)	Groovy Gymnastics	Gymfit Circuits	African Dance	Boot Camp	
Year 4 Indoor	Cool Core (Pilates)	Boot Camp	Step to the beat	Mighty Movers (Boxercise)	Gymfit Circuits	Fitness Frenzy	Sportshall Athletics KS2 Athletics Competition Swimming Lessons
Year 4 Outdoor	Nimble Nets	Invaders	Gym Sequences	Dynamic Dance	Striking and Fielding	Young Olympians	
Year 5 Indoor	Step to the beat	Boot Camp	Mighty Movers (Boxercise)	Cool Core (Pilates)	Gymfit Circuits	Fitness Frenzy	KS2 Athletics Competition Gymnastics coaching Sportshall Athletics Young Sports Leaders Swimming Lessons
Year 5 Outdoor	Gym Sequences	Invaders	Dynamic Dance	Nimble Nets	Striking and Fielding	Young Olympians	
Year 6 Indoor	Step to the beat	Mighty Movers (Boxercise)	Cool Core (Pilates)	Boot Camp	Gym Fit Circuits	Fitness Frenzy	KS2 Athletics Competition Sportshall Athletics Orienteering Athletics at Mountbatten Centre Wheelchair basketball Rounders Tournament
Year 6 Outdoor	Gym Sequences	Dynamic Dance	Nimble Nets	Invaders	Striking and Fielding	Young Olympians	

