

PE OVERVIEW CYCLE A

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
KS1	1.1 Multi-Skills	1.3 Groovy Gymnastics	1.5 Throwing and Catching	2.1 Multi-skills	2.3 Groovy Gymnastics	2.5 Throwing and Catching
	1.1 Boot Camp	1.3 Skip to the Beat	1.5 Cool Core (Strength)	2.1 Boot Camp	2.3 Skip to the Beat	2.5 Cool Core (Strength)
LKS2	3.1 Multi-skills	3.3 Groovy Gymnastics	3.5 Throwing and Catching	4.1 Invaders	4.3 Gym Sequences	4.5 Nimble Nets
	3.1 Boot Camp	3.3 Skip to the Beat	3.5 Cool Core (Strength)	4.1 Boot Camp	4.3 Step to the beat	4.5 Cool Core (Pilates)
UKS2	5.1 Invaders	5.3 Gym Sequences	5.5 Nimble Nets	6.1 Invaders	6.3 Gym Sequences	6.5 Nimble Nets
	5.1 Boot Camp	5.3 Step to the beat	5.5 Cool Core (Pilates)	6.1 Boot Camp	6.3 Step to the beat	6.5 Cool Core (Pilates)

PE OVERVIEW CYCLE B

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
KS1	1.4 Brilliant Ball Skills	1.2 Story Time Dance	1.6 Active Athletics	2.4 Brilliant Ball Skills	2.2 Ugly Bug Ball Dance	2.6 Active Athletics
	1.4 Gymfit Circuits	1.2 Mighty Movers (Running)	1.6 Fitness Frenzy	2.4 Gymfit Circuits	2.2 Mighty Movers (Running)	2.6 Fitness Frenzy
LKS2	3.4. Brilliant Ball Skills	3.2 African Dance	3.6 Active Athletics	4.4 Striking and Fielding	4.2 Dynamic Dance	4.6 Young Olympians
	3.4 Gymfit Circuits	3.2 Mighty Movers (Running)	3.6 Fitness Frenzy	4.4 Gymfit Circuits	4.2 Mighty Movers (Boxercise)	4.6 Fitness Frenzy
UKS2	5.4 Striking and Fielding	5.2 Dynamic Dance	5.6 Young Olympians	6.4 Striking and Fielding	6.2 Dynamic Dance	6.6 Young Olympians
	5.4 Gymfit Circuits	5.2 Mighty Movers (Boxercise)	5.6 Fitness Frenzy	6.4 Gym Fit Circuits	6.2 Mighty Movers (Boxercise)	6.6 Fitness Frenzy