

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 2	Summer 1
Nursery Physical development	The Early Years Foundation Stage Curriculum					
Reception Physical development						
Year 1	Multi-skills Boot Camp Body parts and their functions	Story Time Dance Mighty Movers (Running) Healthy Minds, emotions and goals	Groovy Gymnastics Skip to the beat Hygiene, medicine and exercise	Brilliant ball Skills Gymfit Circuit Body protectors and body changes	Active athletics Fitness Frenzy Diet and vitamins	Throwing and Catching Cool core (strength) Relationships with others
Year 2	Multi-skills Boot Camp Body parts and their functions	Ugly Bug ball dance Mighty Movers (Running) Healthy Minds, emotions and goals	Groovy Gymnastics Skip to the beat Hygiene, medicine and exercise	Brilliant ball Skills Gymfit Circuit Body protectors and body changes	Active athletics Fitness Frenzy Diet and vitamins	Throwing and Catching Cool core (strength) Relationships with others
Year 3	Multi-skills Boot Camp Body parts and their functions	African dance Mighty Movers (Running) Healthy Minds, emotions and goals	Groovy Gymnastics Skip to the beat Hygiene, medicine and exercise	Brilliant ball Skills Gymfit Circuits Body protectors and body changes	Active athletics Fitness Frenzy Diet and vitamins	Throwing and Catching Cool core (strength) Relationships with others
Year 4	Invaders Boot Camp Healthy body - Inside and Out	Dynamic Dance Mighty Movers (Boxercise) Healthy mind - Going for goals	Gym Sequences Step to the Beat! Healthy lifestyles: you are what you eat!	Striking and Fielding Gym Fit circuits Healthy Body: Blood and Guts	Young Olympians Fitness Frenzy Germ Busters!	Nimble Nets Cool core (Pilates) Healthy mind: Healthy Body
Year 5	Invaders Boot Camp Healthy body - Inside and out	Dynamic Dance Mighty Movers (Boxercise) Healthy mind - Going for goals	Gym Sequences Step to the Beat! Healthy lifestyles: you are what you eat!	Striking and Fielding Gym Fit circuits Healthy Body: Blood and Guts	Young Olympians Fitness Frenzy Germ Busters!	Nimble Nets Cool core (Pilates) Healthy mind: Healthy Body
Year 6	Invaders Boot Camp Healthy body - Inside and out	Dynamic Dance Mighty Movers (Boxercise) Healthy mind - Going for goals	Gym Sequences Step to the Beat! Healthy lifestyles: you are what you eat!	Striking and Fielding Gym Fit circuits Healthy Body: Blood and Guts	Young Olympians Fitness Frenzy Germ Busters!	Nimble Nets Cool core (Pilates) Healthy mind: Healthy Body

Sport Fitness Health