



**Whole School Overview**  
**PE** (Rising Stars Champions KS1 + KS2)

	<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>REC</b>	Spatial Awareness; Hand Eye Co-ordination Term topic: <b>LET'S CELEBRATE</b>	See Individual Class Plans Term topic: <b>HOW DOES YOUR GARDEN GROW?</b>	Multi Skill Games, Ball Skills Term topic: <b>THE SEASIDE</b>
<b>YEAR 1</b>	Multi-skills Boot camp Story time Dance Mighty Movers Term topic: <b>LET'S GO – TRANSPORT</b>	Groovy gymnastics Skip to the beat Brilliant ball skills Gymfit Circuits Term topic: <b>PLAYTIME</b>	Throwing and Catching Cool Core Active Athletics Fitness Frenzy Term topic: <b>ONCE UPON A TIME...</b>
<b>YEAR 2</b>	Multi-skills Boot camp Ugly Bug Mighty Movers Term topic: <b>LONDON'S BURNING</b>	Groovy gymnastics Skip to the beat Brilliant ball skills Gymfit Circuits Term topic: <b>IN THE DARK</b>	Throwing and Catching Cool Core Active Athletics Fitness Frenzy Term topic: <b>HEROES</b>
<b>YEAR 3</b>	Multi-skills Boot camp African Dance Mighty Movers Term topic: <b>STONE AGE</b>	Groovy gymnastics Skip to the beat Brilliant ball skills Gymfit Circuits Term topic: <b>WALK LIKE AN EGYPTIAN</b>	Throwing and Catching Cool Core Active Athletics Fitness Frenzy Term topic: <b>PLANT POWER</b>
<b>YEAR 4</b>	Invaders Boot camp Dynamic Dance Mighty Movers (boxercise) Term topic: <b>EXPLORERS</b>	Gym Sequences Step to the beat Striking and Fielding Gymfit Circuits Term topic: <b>THE ROMANS</b>	Nimble Nets Cool core (Pilates) Young Olympics Fitness Frenzy Term topic: <b>GREEN PLANET</b>
<b>YEAR 5</b>	Invaders Boot camp Dynamic Dance Mighty Movers (boxercise) Term topic: <b>VICTORIANS -to become INVADERS in 2023/24</b>	Gym Sequences Step to the beat Striking and Fielding Gymfit Circuits Term topic: <b>OUT OF THIS WORLD</b>	Nimble Nets Cool core (Pilates) Young Olympics Fitness Frenzy Term topic: <b>MYTH AND MARVEL</b>
<b>YEAR 6</b>	Invaders Boot camp Dynamic Dance Mighty Movers (boxercise) Term topic: <b>WHAT, WHERE, WHY? WATER!</b>	Gym Sequences Step to the beat Striking and Fielding Gymfit Circuits Term topic: <b>ON THE HOME FRONT</b>	Nimble Nets Cool core (Pilates) Young Olympics Fitness Frenzy Term topic: <b>ALL THE WORLD'S A STAGE)</b>