



St James' CE Primary School Curriculum

PE Overview						
	Autumn		Spring		Summer	
1	Multi Skills Unit 1 Champions	Story Time Dance Unit 2 Champions Body patterns and movement to music	Groovy Gymnastics Unit 3 Champions Actions and shapes Travelling	Brilliant Ball Skills Unit 4 Champions Game based activities	Throwing and Catching Unit 5 Champions Field games	Active Athletics Unit 6 Champions Taking off and landing Obstacle
	Gymnastics Led by SSP	Mighty movers Unit 2 Champions Running	Skip to the Beat Unit 3 Champions skipping	Gymfit Circuits Unit 4 Champions Basic movements / balance agility and co-ordination	Cool Core Unit 5 Champions Strength	Fitness Frenzy Unit 6 Champions Running Core strength and agility
2	Multi Skills Unit 1 Champions	Ugly Bug ball dance Unit 2 Champions	Groovy Gymnastics Unit 3 Champions	Brilliant Ball Skills Unit 4 Champions	Throwing and Catching Unit 5 Champions	Active Athletics Unit 6 Champions
	Gymnastics Led by SSP	Mighty movers Unit 2 Champions Running	Skip to the Beat Unit 3 Champions	Gym Skills Unit 4 Champions	Cool Core Unit 5 Champions strength	Fitness Frenzy Unit 6 Champions
3	Multi Skills Unit 1 Champions	Dance Unit 2 Champions African Dance	Invasion	Invasion	Brilliant Ball Skills Unit 4 Champions	Active Athletics Unit 6 Champions

			Tag Rugby - Led by Bedford Blues Foundation	Tag Rugby - Led by Bedford Blues Foundation	Body protectors and body changes Small sided games	
	Boot camp Unit 1 Champions	Mighty Movers Unit 2 Champions Running	Skip to the Beat Unit 3 Champions Skipping techniques	Gymfit circuits Unit 4 Champions Perform a sequence of gym moves within a circuit	Cool Core Unit 5 Champions strength	Fitness Frenzy Unit 6 Champions Circuits
4	Invaders (Football) Unit 1 Champions	Dynamic Dance Unit 2 Champions	Gym Sequences Unit 3 Champions Body Shapes / balances	Fielding and Striking (cricket) Unit 1 Champions	Nimble Nets (Tennis) Unit 5 Champions	Young Olympians Unit 6 Champions Running throwing jumping
	Boot Camp Unit 1 Champions	Mighty Movers Unit 2 Champions Boxercise Healthy mind:	Swimming Led by swimming coaches at Trinity Arts and Leisure	Gymfit Circuits Unit 4 Champions	Cool Core Unit 5 Champions Pilates	Fitness Frenzy Unit 6 Champions Circuits that include aerobic activities
5	Invaders Unit 1 Champions	Dynamic Dance Unit 2 Champions	Gym Sequences Unit 3 Champions	Striking and Fielding Unit 4 Champions	Nimble Nets (Tennis) Unit 5 Champions	Young Olympians Unit 6 Champions
	Boot Camp Unit 1 Champions	Mighty Movers Unit 2 Champions	Swimming	Gymfit circuits Unit 4 Champions	Cool Core Unit 5 Champions Pilates	Fitness Frenzy Unit 6 Champions

			Led by swimming coaches at Trinity Arts and Leisure			
6	Invaders Unit 1 Champions	Dynamic Dance Unit 2 Champions Healthy	Invasion Tag Rugby - Led by Bedford Blues Foundation	Invasion Tag Rugby - Led by Bedford Blues Foundation	Nimble Nets (Tennis) Unit 5 Champions	Young Olympians Unit 6 Champions
	Boot camp Unit 1 Champions	Mighty Movers Unit 2 Champions (Boxercise)	Unit 3 Step to the Beat	Cricket Led by SSP	Cool Core Unit 5 Champions Pilates	Fitness Frenzy Unit 6 Champions