

## PE – Long Term Plan 2022/2023

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	Class Teacher	African Dance	Groovy Gym (1)	Cool Core	Groovy Gym (2)	Skip to the Beat	Fitness Frenzy
	LE	Multi-Skills	Boot Camp	GymFit	Brilliant Ball Skills	Throwing and Catching	Active Athletics
4	Class Teacher	Mighty movers	Bootcamp	Gym sequences	Dance	Cool core	Fitness frenzy
	LE	Invaders	Bootcamp	GymFit	Striking and Fielding	Nimble Nets	Young Olympians
5	Class Teacher	Gym Sequences	Dynamic Dance	Step to the Beat	Gymfit	Cool Core	Fitness Frenzy
	LE	Invaders	Boot Camp	Mighty Movers	Striking and Fielding	Nimble Nets	Young Olympians
6	Class Teacher	Gym Sequences	Dynamic Dance	Step to the Beat	Gymfit	Cool Core	Fitness Frenzy
	LE	Invaders	Boot Camp	Mighty Movers	Striking and Fielding	Nimble Nets	Young Olympians