



PE Champions Year Plan 2025/26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Physical movement Balance Eye co-ordination Core stability Storycises (daily 20mins)	Body awareness (move to learn) Incorporating spatial awareness Dance – Christmas Storycises (daily 20mins)	Gymnastics – linked to literacy topic (fairytales) Storycises (daily 20mins)	First Steps	Ball Skills (move to learn) Throwing and catching Racket skills Racket skills – targets Storycises (daily 20mins)	Dance – traditional Basic Athletics – linked to Sports Day Storycises (daily 20mins)
Year 1/2	2.1 Multi Skills	2.2 Mighty Movers (Running)	First Steps	2.3 Skip to the Beat	2.4 Brilliant Ball Skills	2.5 Throwing and Catching
	2.1 Boot Camp	2.2. Ugly Bug Ball Dance	First Steps	2.3 Groovy Gymnastics	2.4 Gymfit Circuits	2.5 Cool Core (Strength)
Year 3/4	4.1 Invaders	First Steps	4.2 Dynamic Dance	4.3 Gym Sequences	First Steps	4.5 Nimble Nets
	4.1 Boot Camp	First Steps	4.2 Mighty Movers (Boxercise)	4.3 Step to the Beat	First Steps	4.5 Cool Core (Pilates)
Year 5/6	First Steps	6.1 Invaders	6.2 Dynamic Dance	6.3 Gym Sequences	6.4 Striking and Fielding	First Steps
	First Steps	6.1 Boot Camp	6.2 Mighty Movers (Boxercise)	6.3 Step to the Beat	6.4 Gym Fit Circuits	First Steps