Champions
sport • health • fitness

Whole-school programme with progression built in!

	Sport	Health	Fitness
Year 1			
1.1	Multi-skills	Body parts and their functions	Boot camp
1.2	Story Time Dance	Healthy minds, emotions and goals	Mighty movers (running)
1.3	Groovy gymnastics	Hygiene, medicine and exercise	Skip to the beat!
1.4	Brilliant ball skills	Body protectors and body changes	Gymfit circuits
1.5	Throwing and catching	Relationships with others, and opinions	Cool core (strength)
1.6	Active athletics	Diet and vitamins	Fitness frenzy
Year 2			
2.1	Multi-skills	Body parts and their functions	Boot camp
2.2	Ugly bug ball dance	Healthy minds, emotions and goals	Mighty movers (running)
2.3	Groovy gymnastics	Hygiene, medicine and exercise	Skip to the beat!
2.4	Brilliant ball skills	Body protectors and body changes	Gymfit circuits
2.5	Throwing and catching	Relationships with others, and opinions	Cool core (strength)
2.6	Active athletics	Diet and vitamins	Fitness frenzy
Year 3			
3.1	Multi-skills	Body parts and their functions	Boot camp
3.2	African dance	Healthy minds, emotions and goals	Mighty movers (running)
3.3	Groovy gymnastics	Hygiene, medicine and exercise	Skip to the beat!
3.4	Brilliant ball skills	Body protectors and body changes	Gymfit circuits
3.5	Throwing and catching	Relationships with others, and opinions	Cool core (strength)
3.6	Active athletics	Diet and vitamins	Fitness frenzy
Year 4			
4.1	Invaders	Healthy body: inside out!	Boot camp
4.2	Dynamic dance, Line Dancing	Healthy mind: going for goals	Mighty movers (boxercise)
4.3	Gym sequences	Healthy lifestyles: you are what you eat!	Step to the beat!
4.4	Striking and fielding	Healthy body: blood and guts	Gymfit circuits
4.5	Nimble nets	Healthy mind: healthy body	Cool core (pilates)
4.6	Young Olympians	Germ busters!	Fitness frenzy
Year 5			
5.1	Invaders	Healthy body: inside out!	Boot camp
5.2	Dynamic dance, Bollywood Dancing	Healthy mind: going for goals	Mighty movers (boxercise)
5.3	Gym sequences	Healthy lifestyles: you are what you eat!	Step to the beat!
5.4	Striking and fielding	Healthy body: blood and guts	Gymfit circuits
5.5	Nimble nets	Healthy mind: healthy body	Cool core (pilates)
5.6	Young Olympians	Germ busters!	Fitness frenzy
Year 6			
6.1	Invaders	Healthy body: inside out!	Boot camp
6.2	Dynamic dance, Street Dance	Healthy mind: going for goals	Mighty movers (boxercise)
6.3	Gym sequences	Healthy lifestyles: you are what you eat!	Step to the beat!
6.4	Striking and fielding	Healthy body: blood and guts	Gymfit circuits
6.5	Nimble nets	Healthy mind: healthy body	Cool core (pilates)
6.6	Young Olympians	Germ busters!	Fitness frenzy