

2021- 2022	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Year 1 Planning (SharePoint): Documents → Teaching and Learning → P.E → Rising Stars → Rising Stars Year 1 → Teaching Units	1.1 Multi-skills 1.2 Boot camp	1.2 Story time dance 1.5 Mighty movers (running)	1.3 Groovy gymnastics 1.8 Skip to the beat	1.4 Brilliant ball skills 1.11 Gymfit circuits	1.5 Throwing and catching 1.14 Cool core (strength)	1.16 Active athletics 1.17 Fitness frenzy
PE Year 2 Planning (SharePoint): Documents → Teaching and Learning → P.E → Rising Stars → Rising Stars Year 2 → Teaching Units	2.1 Multi-skills 2.2 Boot Camp	2.2 Ugly Bug Ball Dance 2.5 Mighty Movers (Running)	2.3 Groovy Gymnastics 2.8 Skip to the Beat	2.10 Brilliant Ball Skills 2.11 Gymfit Circuits	2.13 Throwing and Catching 2.14 Cool Core (Strength)	2.16 Active Athletics 2.17 Fitness Frenzy
PE Year 3 Planning (SharePoint): Documents → Teaching and Learning → P.E → Rising Stars → Rising Stars Year 3 → Teaching Units	3.1 Multi-skills 3.2 Boot Camp	3.4 African Dance 3.5 Mighty Movers (Running)	3.3 Groovy Gymnastics 3.17 Fitness Frenzy	3.10. Brilliant Ball Skills 3. 11 Gymfit Circuits	3.13 Throwing and Catching SWIMMING	3.16 Active Athletics SWIMMING
PE Year 4 Planning (SharePoint): Documents → Teaching and Learning → P.E → Rising Stars → Rising Stars Year 4 → Teaching Units	4.1 Invaders 4.2 Boot Camp	4.4 Dynamic Dance 4.5 Mighty Movers (Boxercise),	4.7 Gym Sequences 4.8 Step to the beat	4.10 Striking and Fielding, 4. 11 Gymfit Circuits	4.13 Nimble Nets 4.14 Cool Core (Pilates)	4.16 Young Olympians 4.17 Fitness Frenzy
PE Year 5 Planning (SharePoint): Documents → Teaching and Learning → P.E → Rising Stars → Rising Stars Year 5 → Teaching Units	5.1 Invaders SWIMMING	5.4 Dynamic Dance SWIMMING	5.7 Gym Sequences 5.2 Boot Camp	5.10 Striking and Fielding 5.11 Gymfit Circuits	5.13 Nimble Nets 5.5 Mighty Movers	5.16 Young Olympians 5.17 Fitness Frenzy
PE Year 6 Planning (SharePoint): Documents → Teaching and Learning → P.E → Rising Stars → Rising Stars Year 6 → Teaching Units	6.1 Invaders 6.2 Boot Camp	6.4 Dynamic Dance 6.11 Gymfit	6.7 Gym Sequences SWIMMING	6.10 Striking and Fielding SWIMMING	6.13 Nimble Nets 6.5 Mighty Movers	6.16 Young Olympians 6.17 Fitness Frenzy
After School Clubs						