

P.E Cycle A

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
F	Gymnastics – Apparatus	Jungle Book Dance	Gymnastics -Fun gym shapes	Dance – On parade	Gymnastics move and hold	Dance - Toys
1/2	Bollywood dancing	Gymnastics - Rolls, including cartwheels.	Country dancing	Gymnastics - Wide/narrow/curled shapes	Gymnastics - Rolls, including cartwheels	Dance-Seaside theme dances-under the water and on the beach.
3/4	Gymnastics - Patterns and pathways	Gymnastics - Patterns and pathways	Dance - Street Dance	Dance - Machines	Gymnastics (Hand apparatus)	Gymnastics (Hand apparatus)
5/6	Street dance	Gymnastics – Push and go	Ribbon dance	Gymnastics Group work	Superhero dance	Gymnastics - apparatus

Cycle B

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
F	Gymnastics – Apparatus	Jungle Book Dance	Gymnastics -Fun gym shapes	Dance – On parade	Gymnastics move and hold	Dance – Toys
1/2	moves- Music and movement, animals	Gymnastics -intro-travelling, rolling.	Gymnastics -intro-balancing, jumping	Dance-weather	Gymnastics -	Dance-cheerdance
3/4	Gymnastics - Balances	Gymnastics - Balances	Dance - Superheroes and Pirates	Dance - Pirates and Ribbon Dance	Gymnastics - Rotation	Gymnastics - Rotation
5/6	On the beach dance	Gymnastics – Pair composition	Cheer dance	Gymnastics – Body symmetry	Hip Hop dance	Gymnastics - apparatus