



Birklands PE Unit Overview 2021-2022

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2	Mighty Movers (Running) Boot Camp	Multi Skills Ugly Bug Ball Dance	Skip to the Beat Groovy Gymnastics	Brilliant Ball Skills Gym-Fit Circuits	Active Athletics Fitness Frenzy	Throwing and Catching Cool Core (strength)
Year 3	Multi Skills Fitness Frenzy	Cool Core (Strength) African Dance	Groovy Gymnastics Skip to the Beat	Gym-Fit Circuits Brilliant Ball Skills	Throwing and Catching (fielding games) Mighty Movers (Running)	Boot Camp Active Athletics
Year 4	Invaders Boot Camp	Dynamic Dance (Line Dancing) Mighty Movers (Boxercise)	Gym Sequences Step to the Beat	Striking and Fielding Gym-Fit Circuits	Nimble Nets Cool Core	Young Olympians Fitness Frenzy
Year 5	Invaders Boot Camp	Dynamic Dance (Bollywood) Mighty Movers (Boxercise)	Gym Sequences Step to the Beat	Striking and Fielding (Cricket / Scatterball) Gym-Fit Circuits	Nimble Nets (Tennis) Cool Core (Pilates)	Young Olympians Fitness Frenzy
Year 6	Invaders (Tag Rugby) Boot Camp	Dynamic Dance (Street Dance) Mighty Movers (Boxercise)	Gym Sequences Step to the Beat	Striking and Fielding (Rounders / Scatterball) Gym-Fit Circuits	Nimble Nets (Tennis / Badminton) Cool Core (Pilates)	Young Olympians Fitness Frenzy