

Long Term Plan 2023PE (Rising Stars)

Year Group	Autumn	Spring	Summer
R	Outdoor apparatus	Balance Team work	Coordination Ball skills
1	Brilliant ball skills Bootcamp	Story time dance Fitness frenzy	Throwing and catching Active athletics
2	Brilliant ball skills Mighty movers	Groovy gymnastics Swimming	Multi-skills Active athletics
3	Outdoor and adventurous Bootcamp	Dynamic dance Swimming	Football Young Olympians
4	Tennis Mighty Movers	Cool core (Pilates) Gymnastics	Striking and fielding games Young Olympians
5	Netball Bootcamp	Dynamic Dance Gym fit circuits	Rugby Young Olympians
6	Orienteering Step to the beat	Boxercise Gym sequences	Striking and fielding Young Olympians