Long Term Plan 2023

PE (Rising Stars)

Outdoor apparatus Brilliant ball skills Bootcamp	Balance Team work Story time dance Fitness frenzy	Coordination Ball skills Throwing and catching Active athletics
Bootcamp	Story time dance	Throwing and catching
Bootcamp		
' 	Fitness frenzy	Active athletics
Duillimet ball abills		
Bruuant Dali Skius	Groovy gymnastics	Multi-skills
Mighty movers	Swimming	Active athletics
Outdoor and adventurous	Dynamic dance	Football
Bootcamp	Swimming	Young Olympians
4 Tennis Mighty Movers	Cool core (Pilates)	Striking and fielding games
	Gymnastics	Young Olympians
 Netball	Dynamic Dance	Rugby
Bootcamp	Gym fit circuits	Young Olympians
6 Orienteering	Boxercise	Striking and fielding
Step to the beat	Gym sequences	Young Olympians
	Outdoor and adventurous Bootcamp Tennis Mighty Movers Netball Bootcamp Orienteering	Mighty movers Outdoor and adventurous Bootcamp Tennis Mighty Movers Netball Bootcamp Orienteering Swimming Dynamic dance Swimming Cool core (Pilates) Gymnastics Oynamic Dance Gym fit circuits

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