



PE Y3 Champions Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi-skills	Throwing and catching (1)	Active Athletics 1	Dance	Throwing and Catching (2)	Active Athletics 2
Boot camp	Mighty movers (running)	Skip to the beat	Gym Skills	Cool core (strength)	Multi-fitness
Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
Swimming will be 4x 1 hour session tbc.					