

Overview of expected delivery of Dance and Gymnastics. May be subject to a change in order and development in line with the new curriculum

PE	Y1	Y2	Y3	Y4	Y5	Y6
Autumn 1	Home Sweet Home Gym – balance	Up close and personal Effect of exercise – warm up – cool down – parts of the body	Digging Deep Jumping, Balancing Symmetry & asymmetry	Goodies and Baddies Tudor dance	New Worlds Gymnastics – Flight Swimming	Another World Gymnastics
Autumn 2	Celebrations Dancing with Dinosaurs	Sparkle Electricity and space dance	Indian Adventure Indian Dance	Power and Product Gym – travel and balance	Imaginary worlds Gym Swimming	Seeing is Believing Bench Ball and Team games
Spring 1	Journeys Gym – Pathways	Animal Magic Dance – St Saens Carnival of the animals	Valliant Viking Gym - Pathways	Another Place Dance – Harry Potter Swimming	Searchlights & Blackout Indoor Golf	Out with the Old Gymnastics
Spring 2	Sounds Familiar Dance – Using Nursery Rhymes to sing and dance activities	Lets Explore Rock and Rollin’	Myths and Monsters Wally Cain dance/ Yoga Dynamics Swimming	Bones and Burials Gym	Searchlights & Blackout Yoga Dynamics	Detectives Dance
Summer 1	Onwards and Upwards Gym – large apparatus	Changes Country Dancing – Dorset Ring Dance Swimming	Wonkas Wonderland Dance – Umpa Lumpa dances/movement Incorp and teach gymnastics training	Living and Working Challenges – making own games and teaching to others	Wish You Were Here Greek dancing Zorba the Greek	Courage Yoga
Summer 2	Adventures Dance – Topic related	Wish you were here Apply previous learnt skills to performance routines - star and a wish (Incorporate training in gymnastics)	Look Around Gym	Planet Protectors Gym	Wish You Were Here Indoor Athletics	At the Movies Indoor Athletics Swimming