

	Sport	Health	Fitness
Year 1			
1.1	Multi-skills	Body parts and their functions	Bootcamp
1.2	Throwing and Catching 1	Healthy minds, emotions and goals	Mighty movers (running)
1.3	Active Athletics 1	Hygiene, medicine and exercise	Skip to the beat!
1.4	Dance	Body protectors and body changes	Gym skills
1.5	Throwing and Catching 2	Relationships with others, and opinions	Cool core (strength)
1.6	Active Athletics 2	Diet and vitamins	Multi-fitness
Year 2			
2.1	Multi-skills	Body parts and their functions	Bootcamp
2.2	Throwing and Catching 1	Healthy minds, emotions and goals	Mighty movers (running)
2.3	Active Athletics 1	Hygiene, medicine and exercise	Skip to the beat!
2.4	Dance	Body protectors and body changes	Gym skills
2.5	Throwing and Catching 2	Relationships with others, and opinions	Cool core (strength)
2.6	Active Athletics 2	Diet and vitamins	Multi-fitness
Year 3			
3.1	Multi-skills	Body parts and their functions	Bootcamp
3.2	Throwing and Catching 1	Healthy minds, emotions and goals	Mighty movers (running)
3.3	Active Athletics 1	Hygiene, medicine and exercise	Skip to the beat!
3.4	Dance	Body protectors and body changes	Gym skills
3.5	Throwing and Catching 2	Relationships with others, and opinions	Cool core (strength)
3.6	Active Athletics 2	Diet and vitamins	Multi-fitness
Year 4			
4.1	Invaders	Inside out!	Bootcamp
4.2	Dynamic Dance	Going for goals	Mighty movers (boxercise)
4.3	Gym Sequences	You are what you eat!	Step to the beat!
4.4	Active Adventure	Blood and guts	Gym circuits
4.5	Young Olympians	Healthy mind	Cool core
4.6	Nimble Nets	Germ busters!	Multi-fitness
Year 5			
5.1	Invaders	Inside out!	Bootcamp
5.2	Dynamic Dance	Going for goals	Mighty movers (boxercise)
5.3	Gym Sequences	You are what you eat!	Step to the beat!
5.4	Active Adventure	Blood and guts	Gym circuits
5.5	Young Olympians	Healthy mind	Cool core
5.6	Nimble Nets	Germ busters!	Multi-fitness
Year 6			
6.1	Invaders	Inside out!	Bootcamp
6.2	Dynamic Dance	Going for goals	Mighty movers (boxercise)
6.3	Gym Sequences	You are what you eat!	Step to the beat!
6.4	Active Adventure	Blood and guts	Gym circuits
6.5	Young Olympians	Healthy mind	Cool core
6.6	Nimble Nets	Germ busters!	Multi-fitness