

Key stage 2: POS Statement	Year 3 - Champions Units	Year 4 - Champions Units	Year 5 - Champions Units	Year 6 - Champions Units
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p>	All units	All units	All units	All units
<p>They should enjoy communicating, collaborating and competing with each other.</p>	1.1 Multi-skills 4.1 Brilliant ball skills 5.1 Throwing and catching (fielding games) 6.1 Active athletics	1.1 Invaders 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians	1.1 Invaders 2.1 Dynamic dance 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians	1.1 Invaders 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians
<p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	All units	All units	All units	All units

**Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination**

1.1 Multi-Skills  
 1.2 Boot camp  
 2.2 Mighty movers  
 3.1 Groovy gymnastics  
 4.1 Brilliant ball skills  
 5.1 Throwing and catching (fielding games)  
 5.2 Cool core (strength)  
 6.1 Active athletics  
 6.2 Fitness frenzy

1.2 Boot camp  
 3.2 Step to the beat  
 4.1 Striking and fielding  
 5.1 Nimble nets  
 6.1 Young Olympians  
 6.2 Fitness frenzy

1.2 Boot camp  
 2.2 Mighty movers (boxercise)  
 3.2 Step to the beat  
 4.1 Striking and fielding  
 4.2 Gymfit (circuits)  
 5.1 Nimble nets  
 6.1 Young Olympians  
 6.2 Fitness frenzy

1.2 Boot camp  
 3.2 Step to the beat  
 4.1 Striking and fielding  
 5.1 Nimble nets  
 6.1 Young Olympians  
 6.2 Fitness frenzy

**Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending**

5.1 Throwing and catching (fielding games)

1.1 Invaders  
 4.1 Striking and fielding  
 4.2 Gymfit (circuits)  
 5.1 Nimble nets

1.1 Invaders  
 4.1 Striking and fielding  
 5.1 Nimble nets

1.1 Invaders  
 4.1 Striking and fielding  
 4.2 Gymfit (circuits)  
 5.1 Nimble nets

**Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]**

1.1 Multi-skills  
 1.2 Boot camp  
 3.1 Groovy gymnastics  
 3.2 Skip to the beat  
 4.2 Gymfit (circuits)  
 6.1 Active athletics  
 6.2 Fitness frenzy

2.1 Dynamic dance  
 2.2 Mighty movers (boxercise)  
 3.1 Gym sequences  
 4.2 Gymfit (circuits)  
 5.2 Cool core (pilates)  
 6.1 Young Olympians  
 6.2 Fitness frenzy

1.2 Boot camp  
 2.1 Dynamic dance  
 2.2 Mighty movers (boxercise)  
 3.1 Gym sequences  
 3.2 Step to the beat  
 4.2 Gymfit (circuits)  
 5.2 Cool core (pilates)  
 6.1 Young Olympians  
 6.2 Fitness frenzy

1.2 Boot camp  
 2.2 Mighty movers (boxercise)  
 3.1 Gym sequences  
 3.2 Step to the beat  
 4.2 Gymfit (circuits)  
 5.2 Cool core (pilates)  
 6.1 Young Olympians  
 6.2 Fitness frenzy

**Pupils should be taught to perform dances using a range of movement patterns**

2.1 African dance	2.1 Dynamic dance	2.1 Dynamic dance	2.1 Dynamic dance
NA	NA	NA	NA
4.2 Gymfit (circuits)	2.1 Dynamic dance 3.1 Gym sequences 3.2 Step to the beat 4.2 Gymfit (circuits)	2.1 Dynamic dance 3.1 Gym sequences 4.2 Gymfit (circuits) 5.2 Cool core (pilates) 6.1 Young Olympians 6.2 Fitness frenzy	1.1 Invaders 2.1 Dynamic dance 3.1 Gym sequences 3.2 Step to the beat 5.1 Nimble nets 5.2 Cool core (pilates) 6.2 Fitness frenzy

**Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team**

**Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best**