

PE, Health and Wellbeing Unit Overview 2020-2021



Class	Autumn		Spring		Summer	
Lantic					Dance 1 (Year 1)	Gymnastics 1 (Year 1)
CANNIS	Athletics (Year 1) Mindfulness (Year 1)	Games 1 (Year 1) Nutrition (Year 1) Sleep (Year 1)	Games 2 (Year 1) Personal Care (Year 1)	Dance 2 (Year 1) Teamwork and Leadership (Year 1)	Gymnastics 2 (Year 1) Yoga (Year 1)	Games 3 (Year 1)
GRIBBEN	Games 1 (Year 2) Mindfulness (Year 2)	Games 2 (Year 2) Nutrition (Year 2) Sleep (Year 2)	Gymnastics 1 (Year 2)	Dance 1 (Year 2) Teamwork and Leadership (Year 2)	Gymnastics 2 (Year 2) Personal Care (Year 2)	Athletics (Year 2) Yoga (Year 2)
COOMBE	Cricket (Year 3) Mindfulness (Year 3)	Tag Rugby (Year 3) Nutrition (Year 3) Sleep (Year 3)	Gymnastics 1 (Year 3) Yoga (Year 3)	Netball (Year 3) Personal Care (Year 3)	Dance 1 (Year 3) Teamwork and Leadership (Year 3)	Athletics (Year 3) Sleep (Year 3)
READYMONEY	Rounders (Year 4) Mindfulness (Year 4)	Cricket (Year 5) Nutrition (Year 4) Sleep (Year 4)	Basketball (Year 4) Personal Care (Year 4) Yoga (Year 4)	Gymnastics 1 (Year 5) Teamwork and Leadership (Year 4)	Cricket (Year 5) Nutrition (Year 5) Yoga (Year 5)	Netball (Year 5) Personal Care (Year 5) Sleep (Year 5)
CARNE	Athletics (Year 5) Mindfulness (Year 5)	Rounders (Year 6) Nutrition (Year 6) Sleep (Year 6)	Outdoor & Adventure (Year 6) Personal Care (Year 6)	Gymnastics 1 (Year 6) Teamwork and Leadership (Year 6)	Handball (Year 6) Yoga (Year 6)	Tennis (Year 6)