



Curriculum Map for 2023-2024



Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English	Core Text: Dogger Lost in the Toy Museum	Core Text: Paddington's Post Seasons by Hannah	Core Text: Lighthouse Keeper's Lunch The snail and the whale	Core Text: On The Way Home	Core Text: The Magic Bojabi Tree	Core Text: A planet full of plastic Katie Morag
History	Changes in Living Memory Toys Through Time		Significant Individual Grace Darling (RNLI inspiration)		Changes in Living Memory The Seaside – Clacton/ Frinton	
Geography		The UK Countries/Towns/Coast What is an island?		The location of hot and cold areas of the world in relation to the Equator, North and South Poles Recap of the 4 seasons and seasonal patterns for the UK		Local Area/Environmental Study (Field Trip – Recycling Centre) Clacton Map Skills Lesson 1 (classroom map)
RE	What do my senses tell me about the world of religion and belief? Christian, Hindu, Jewish	How does a celebration bring a community together? Muslim, Christian	What does Jewish people remember on Shabbat? Jewish	What does the cross mean to Christians? Christian	How did the universe come to be? Christian, Hindu	
Art	Printing Stimulus: Toys Suggested Artist: Picasso	Collage Suggested Theme: Seasonal change Suggested Stimulus: Andy Goldsworthy			Painting Suggested Theme: Animal Art Suggested Stimulus: Edward Tingatinga	
Science	Materials	Seasonal change	Animals - Humans	Plants	Animals	Materials (recap)
Computing	Technology All Around Us CL,AL	Digital Painting ET, CM	Digital Writing ET, CM	Grouping Data DI, AL	Moving a Robot AL, PG	Programming Animations PD, DD
Music	(From 2022) Hey You Old School Hip-Hop How pulse, rhythm and pitch work together.	Christmas Performance Memorising tunes and lyrics Performing together	Rhythm in the way we walk Reggae Pulse, rhythm and pitch, rapping, dancing and singing	In the Groove Blues, Baroque, Latin, Bhangra, Folk, Funk How to be in the groove with different styles of music.	Round and Round Bossa Nova Pulse, rhythm and pitch in different styles of music.	Your Imagination Pop Using your imagination

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PSHE	Relationships Ourselves and others; people who care for us; groups we belong to; families	Health and wellbeing Being healthy; hygiene; medicines; people who help us with health	Living in the wider world Money; making choices; needs and wants	Health and wellbeing Keeping safe; people who help us	Living in the wider world Ourselves and others; the world around	Relationship Ourselves and others; similarities and differences; individuality; our bodies
DT				Design, test and build a rescue boat		Design a new use for discarded plastic products (upcycling)
PE	Unit 2-fitness: Mighty Movers - running	Unit 1-fitness: Boot camp Fitness circuits	Unit 3-sports: Groovy gymnastics Travelling, rolling, shapes	Dance (External coach) Topic Linked	Unit 4 – Fitness: Gymfit Circuits Gymnastic Circuits	Unit 5-fitness: Cool core- strength Strength & agility activities
	Unit 1-sports: Multiskills Balance, agility, ball skills, direction	Unit 4-sports: Brilliant ball skills Basic throwing & catching, develop into games	Unit 3-fitness: Skip to the beat Development of skipping skills	Unit 5-sports: Throwing & catching-field games 4 – ball rounders	Unit 6-sports: Active athletics Simple throwing & running events	Kick Rounders (Colchester United)

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English	Core Texts: Treasure Island	Core Texts: Great Fire of London Toby and the Great Fire of London	Core Texts: Azzi In Between	Core Texts: River Story – Meredith Hooper	Core Texts: River Story	Core Text: Little People, Big Dreams – Florence Nightingale Mary Seacole: A Story from the Crimean War by Sam Godwin
History		Significant Individual Significant Events The Great Fire of London	Significant Places in the Locality: Clacton in the Past			Significant Individual Comparison Case Study of Florence Nightingale, Mary Seacole and/or Edith Cavel
Geography	UK as Part of the European Continent and the World Continents and Oceans Map Skills 2 (Schools grounds + field Work)			Comparison between Physical and Human Geography London and Cairo	The Importance Rivers Physical and Human Geography Comparing the River Thames and the River Nile	
RE	Why is light an important symbol for Christians, Jews and Hindus? Christian, Jewish, Hindu	What does the nativity story teach Christians about Jesus? Christian	How do Christians belong to their faith family? Christian	How do Jewish people celebrate Passover? Jewish	Why do people have different views about the idea of God? Multi/Humanist	
Art		Collage & Sculpture Stimulus: Great Fire of London		Drawing and Printing Stimulus: Nature A study of William Morris and his inspiration from nature.	Painting Stimulus: River Colne Suggested Artist: John Constable	
Science	Animals including humans Offspring, Basic Needs and Exercise	Materials Suitability for Different Purposes Environmental Science	Materials Suitability for Different Purposes Environmental Science	Plants	Plants (2weeks) Living Things and their Habitats (4 weeks)	Living Things and their Habitats (continued)
Computing	Information Technology around us NW, CS	Robot Algorithms AL, PG	Digital Photography ET, CM	Pictograms DI, ET	Making Music CM, DD	Programming quizzes PG, DD
Music	(From 2022) Hands Feet heart Afropop, South African South African music	Christmas Performance Memorising tunes and lyrics Performing together	I wanna play in a band Rock Playing together in a band	Zootime Reggae Reggae and animals	Friendship song Pop A song about being friends	Reflect, Rewind, Replay. Classical The history of music, look back and consolidate your learning, learn some of the language of music
PSHE	Relationships Friendship; feeling lonely; managing arguments	Relationships:	Living in the wider world: People and jobs; money; role of the Internet	Health and well-being: Keeping safe; recognising risk; rules	Health and wellbeing	Health and wellbeing

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Behaviour; bullying; words and actions; respect for others			Being healthy: eating, drinking, playing and sleeping	Feelings; mood; times of change; loss and bereavement; growing up
DT			Nutrition Design and prepare a bread		Habitat Design Design and create a home suited to a habitat.	
PE	Dance (external coach) Topic linked	Unit 1-fitness: Boot camp Fitness circuits	Unit 3-sports: Groovy gymnastics Shapes, balances, sequences with apparatus	Unit 4-fitness: Gymfit circuits Gymnastic circuits	Unit 6-sports: Active athletics Simple throwing & running events	Unit 2-fitness: Mighty movers-running Development from Year 1 unit
	Unit 1-sports: Multiskills Balance, accuracy, travelling, apply to games	Unit 4-sports: Brilliant ball skills Hand-eye coordination, kicking & moving with ball, bouncing & dribbling	Unit 3-fitness: Skip to the beat Developing skipping skills, circuit	Unit 5-sports: Throwing & catching-field games Skills circuit, kwik cricket, 4-ball rounders	Unit 5-fitness: Cool core-strength Strength & agility activities	3 Tees Cricket Colchester United

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English	Core Texts: The Iron Man The Dancing Turtle The Secret of the Andes	Core Texts: The Wild Way Home	Core Texts: The Accidental Prime minister	Core Texts: Ancient Egypt: Gods, Pharaohs and Cats	Core Texts: A River Ran Wild	Core Texts: The Romans – Gods, Emperors and Dormice Romans in Britain
History		Stone Age, Bronze Age and Iron Age Deep Study: Society and its Impact on Community		Egypt Ancient Egypt Deep Study: Rulers / Governance - The Structure of Power and Influence of belief on Power		Local Area: Colchester and the Romans
Geography	What is the difference between rural and urban UK? UK Counties and Cities Urban and Rural Areas Compass Work Map Skills 3 (British Isles)		River Colne (Field Trip) How does the landscape change through the course of the river? Physical and Human Features of the River Colne Map Skills 4 (Ordnance Survey)		Where is Europe? Key Countries of Europe Key Human and Physical Features of a region in Europe	
RE	How do people express commitment to a religion? Jewish, Sikh, Christian	What is the Trinity? Christian	What is philosophy? How do people make moral decisions? Christian, Humanist	What do Muslims believe about God? Muslim	What difference does being a Muslim make to daily life? Muslim	
Art		Sketching and Printing Suggested Theme: Art as Communication Suggested Stimulus: Early Cavemen art linked to the Stone Age and contrasts to traditional aboriginal art, dot work, landscapes	Painting and Pastels/Chalk Suggested Theme: Rural and Urban landscape Suggested Stimulus: Lowry		Sculpture Suggested Theme: Natural Forms and Abstract Art Suggested Stimulus: Picasso	
Science	Animals including humans Skeleton, muscles, bones, nutrition	Rocks and their Properties Fossils	Forces Magnetic Forces		Plants Functions of Different Parts and Life Cycle	Light and Shadows Sight
Computing	Connecting Computers NW, CS	Stop-Frame Animation ET, CM	Sequencing Sounds PG, DD	Branching Data Bases DI, ET	Desktop Publishing ET, CM	Events and actions in programs PG, DD

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Music		The Dragon Song A Pop song that tells a story Music from around the world, celebrating our differences and being kind to one another		Three Little Birds Reggae Reggae and animals		Bringing Us Together Friendship, Peace, Hope, Unity
PSHE	Relationships Friendship; making positive friendships, managing loneliness, dealing with arguments	Health and wellbeing Keeping safe; at home and school; our bodies; hygiene; medicines and household products	Relationships Families; family life; caring for each other	Living in the wider world Community; belonging to groups; similarities and differences; respect for	Health and wellbeing Being healthy: eating well, dental care	Health and wellbeing Being healthy: keeping active, taking rest
MFL	French Greetings, Basic Phrases, counting confidently to 31, Days of the Week and Months of the Year		French Colours, Classroom Objects, Pets and Basic Phrases		French Body Parts, Hair Colours, Family Members and Adjectives	
DT	Programming: Programme, monitor and control a product.			River Structures: Design and investigate structures to enable boats to navigate rivers.		
PE	Unit 3-sports: Groovy gymnastics Jumping, apparatus, sequences, evaluation & feedback	Unit 1-fitness: Boot camp Fitness circuits	Swimming (Leisure centre)	Swimming (Leisure centre)	Dance (External coach) Topic Linked	Unit 3-fitness: Skip to the beat Large rope skipping, partner skipping, routines
	Unit 4-sports: Brilliant ball skills Bouncing & dribbling, catching with accuracy, target/hand ball games, skills, tactics	Unit 1-sports: Multiskills Balance, coordination, obstacle course, apply in round robin of activities	Football (Colchester United)	Unit 5-sports: Throwing & catching-field games Hitting ball at distance, non-stop cricket, beat-the-ball rounders, 4-ball rounders, playing game using rules, fair play	Unit 6- Sports: Active Athletics Simple throwing and running events	Unit 2-fitness: Mighty movers-running Relays, circuit

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English	Core Texts: Abominables	Core Texts: Escape from Pompeii & Roman Myths: Romulus and Remus.	Core Texts: The Rhythm of the Rain	Core Texts: Anglo Saxon Boy	Core Texts: Running Wild	Core Texts: Ice Palace
History		Romans The Roman Empire and its Impact on Britain and the Rest of the World. Deep Study: Society and Governance – Infrastructure, Power and Weakness		Anglo Saxons, Scots and Vikings British settlement by Anglo Saxons and Scots and the Viking and Anglo – Saxon struggle for the kingdom of England to the time of Edward the Confessor. Deep Study: Creation of England of role of society (two terms)		Anglo Saxons, Scots and Vikings British settlement by Anglo Saxons and Scots and the Viking and Anglo – Saxon struggle for the kingdom of England to the time of Edward the Confessor. Deep Study: Creation of England of role of society (Two Terms)
Geography	Antarctica/Arctic and North Pole Physical and Human Characteristics		Geographical Location, Time Zones Similarities and differences between UK/Antarctica		Climate Change How are humans effecting climate? Field Work – Arctic Data	
RE	Where do religious beliefs come from? Christian	What do we mean by truth? Is seeing believing? Multi, Sikh	How do/have religious groups contribute to society and culture? Hindu, Christian	Why is there so much diversity of belief within Christianity? Christian	What does sacrifice mean? Multi, Humanist	
Art		Observational drawing painting Suggested Theme: Romans Suggested Stimulus: Classic architecture, Leonardo DaVinci	Oil Pastels Suggested Theme: Environmental/Animal Art Oenone Hammersley			Colour, Paint, Symbolism/ collage (mixed media) Suggested Theme: Portraiture/self portraits Frida Kahlo
Science	Sound Vibrations Pitch and Volume	Electricity Circuits, Conductors and Insulators	Materials States of Matter Heating, Cooling and Evaporation		Animals including Humans Teeth, Digestion and Food Chains	Living Things and their Habitats Classification and Environments
Computing	The Internet NW, SS	Audio editing ET, CM	Repetition in shapes AL, PG	Data Logging CS, DI	Photo Editing ET, Cm	Repetition in games PG, DD
Music	Mama Mia Sing, play, improvise and compose with this classic pop song		Stop Grime Writing lyrics linked to the theme of anti - bullying.		Blackbird The Beatles/Pop The Beatles, equality and civil rights	

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	Health and wellbeing Feelings and emotions; expression of feelings; behaviour	Relationships Respect for self and others; courteous behaviour; safety; human rights	Health and wellbeing Self-esteem: self-worth; personal qualities; goal setting; managing set backs	Living in the wider world Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	Health and wellbeing Growing and changing; Puberty	Health and wellbeing Keeping safe; out and about; recognising and managing risk
MFL	French Counting from 21-60, Talk about Hobbies and Games, Give and understand basic directions		French Revising describing people, going shopping for food, give opinions about food and activities		French Know that French is spoken in other countries around the world, talk about the weather, identify and describe items of clothing	
DT	Healthy Food and Living Produce a high energy, portable snack or high nutrition smoothie			Textiles and Materials Design and make an item of clothing testing the suitability of materials		
PE	Unit 3-sports: Gym sequences Balances-symmetrical / asymmetrical / counter, sequences, canon / unison	Unit 2-fitness: Mighty movers -boxercise Introduce simple moves, sequences, routines	Dance (external coach) Topic Linked	Unit 5 – Fitness Cool Core Pilates (Yoga-like moves/poses, technique, balance, co- ordination	Unit 6-sports: Young Olympians Running pace, javelin throw, standing long jump, relay, mini olympics	OAA
	Unit 1-sports: Invaders Football, rules, tactics, mini tournament	Basketball/Netball (Colchester United)	Unit 4-fitness: Gymfit circuits Sport specific circuits – hockey, netball, football, cricket, athletics	Unit 4-sports: Striking & fielding Kwik cricket, beat-the-ball rounders, 4-ball rounders, competitive situation, sportsmanship	Unit 1 – fitness Boot Camp (fitness circuits)	Unit 5-sports: Nimble nets Introduction to tennis, underarm serving, rallying, backhand, simple rules

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English	Core Texts: Beowulf	Core Texts: Greek Myths – short stories	Core Texts: Journey to the River Sea	Core Texts: Treason	Core Texts: Why the Whales Came	Core Texts: The Firework-Makers Daughter Clockwork
History		Ancient Greece Ancient Greece – A Study of Greek life and Achievements and their Influence on the Western World Deep Study: Culture and Society: Philosophy, Religion, Democracy, Arts and Drama (Myths)		A study of an aspect or theme in British history that extends pupils' chorological knowledge beyond 1066 How have key events and people changed the way in which the country is governed? Henry VIII and Oliver Cromwell		A study of an aspect or theme in British history that extends pupils' chorological knowledge beyond 1066 The Empire and the Slave Trade
Geography	South America Continent Overview of Physical Characteristics (recap Climate Zones) Biomes (Atacama Desert, The Amazon Rainforest, The Andes) Overview of the human geography, Population, Cities Map Skills 5 (Contour lines practical)		The Physical Diversity of a region in South America The Amazon Rain Forest		The Human Geography of a region of South America The Amazon Rain Forest	
RE	Is believing in God reasonable? Multi, Humanist	How is belief impacted on music and art through history? Christian, Muslim	Why should we be good? Multi	What difference does the resurrection make to Christians? Christian	How do Hindus make sense of the world? Hindu	
Art		Sculpture (clay) Suggested Theme: Islam Suggested Stimulus: Islamic Tile Mosaics		Ink Drawing Suggested Theme: Highwayman Suggested Stimulus: Charles Keeping		Acrylic Painting Suggested Theme: Slavery/Refugee Stained glass Windows Suggested Stimulus: Kehinde Wiley
Science	Forces Gravity, Air and Water Resistance, Mechanisms, Levers and Pulleys	Earth and Space Sun, Earth, Moon and Solar System	Materials Properties and Groups, Changes in State, Solutions		Living Things and their Habitats Life Cycles	Animals including Humans Changes as We Age

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Computing	Sharing Information NW, ET	Video Production CM, DD	Selection in physical computing PG, CS	Flat File Data Bases DI ET	Vector drawing ET, Cm	Selection in quizzes AL, PG
Music	Livin' on a Prayer		Fresh Prince of Bel-Air Old-School Hip Hop	.	Jazz 1 – Xylophones Bossa Nova and Swing Jazz and Improvisation	
PSHE	Health and wellbeing Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes	(FROM 2022) Living in the wider world Money; making decisions; spending and Saving	SPR 1 2022 Living in the wider world Money; making decisions; spending and Saving Health and wellbeing Feelings and emotions; expression of feelings; behaviour	Relationships Friendships; relationships; becoming independent; online safety	Health and wellbeing Drugs, alcohol and tobacco; healthy habits	Relationships Growing, changing, families and friendship
MFL	French (Y4) Counting from 21-60, Talk about Hobbies and Games, Give and understand basic directions		French (Y4) Revising describing people, going shopping for food, give opinions about food and activities		French (Y4) Know that French is spoken in other countries around the world, talk about the weather, identify and describe items of clothing	
DT	Healthy Food and Living: Make and compare homemade sausages to a frozen variety. Research and prepare two healthy options to accompany a main dish to create a nutritionally balanced meal.			Electrical Systems Make a structure or device that is controlled by or contains a functional electrical system		
PE	Unit 3-sports: Gym sequences Body shapes, balances – symmetrical / asymmetrical using a partner, sequences using old and new skills, individual & paired sequences	Dance (external coach) Topic Linked	Unit 2-fitness: Mighty Movers – boxercise More moves / skills, sequences / combinations / routines, circuit format	Unit 5-fitness: Cool Core- Pilates Recap Y4 poses, introduce more poses, sequences and routines	Unit 6-sport: Young Olympians Distance running, sprinting, push throw (shot putt), javelin, relay, standing long jump, mini olympics	OAA
	Unit 1-sports: Invaders Netball, introduction to High 5 netball, positions / roles, rules, tactics	Football (Colchester United)	Unit 4-fitness: Gymfit circuits Obstacle style circuit, fitness, strength, stamina	Unit 4-sports: Striking & fielding Kwik cricket, caterpillar cricket, scatterball rounders, mini game with rules	Unit 1 -fitness: Bootcamp Fitness circuits	Unit 5-sports: Nimble nets Tennis, volleying, rallying, forehand, backhand, singles & doubles tennis

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English	Core Text: Tom Sawyer	Core Text: Amina's Voice	Core Text: Holes	Core Text: Windrush	Core Text: The Summer We Turned Green	Core Text: The Invention of Hugo Cabret

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
History		<p>A Non – European Society that Provides Contrast with British History: Early Islamic Civilisation</p> <p>Ancient Civilisation: Islamic</p> <p>Deep Study: The Golden Age of Islam and its Achievements and Failure</p>		<p>A study of an aspect or theme in British history that extends pupils' chorological knowledge beyond 1066</p> <p>(WW2)</p> <p>How has war been a catalyst for change? (8 weeks)</p>		<p>A study of an aspect or theme in British history that extends pupils' chorological knowledge beyond 1066</p> <p>What have we learned from the past about what makes a society civilised? (4weeks)</p>
Geography	<p>North America Continent Overview of Human and Physical Features</p> <p>In depth study of a region on North America (The Rockies) of Human and Physical Characteristics</p>		<p>Key Physical features of a region (West Coast) the continent of North America</p> <p>Natural Disasters- Hurricanes, Flooding, volcanoes, earthquakes</p>		<p>The Great Pacific Garbage Patch</p> <p>How do humans effect the planet we live on and what are we doing about it?</p> <p>Map Skills 6 (using grid references)</p>	
RE	<p>How any why does religion bring peace and conflict?</p> <p>Multi</p>	<p>How do Buddhists explain the suffering in the world?</p> <p>Buddhist</p>	<p>What does it mean to be human?</p> <p>Is being happy the greatest purpose in life?</p> <p>Christian, Humanist</p>	<p>Creation or science: conflicting or complementary?</p> <p>Christian, Humanist</p>	<p>How do beliefs shape identify for Muslims?</p> <p>Muslim</p>	
Art	<p>Sculpture</p> <p>Suggested Theme: North American Landscapes</p>	<p>Sculpture continued</p> <p>Suggested Theme: North American Landscapes</p>		<p>Drawing, refining, printing/digital</p> <p>Suggested Stimulus: Banksy</p> <p>Suggested Theme: Individuality, Political and Social Art</p>		<p>Drawing and Painting</p> <p>Stimulus: Faith Wringgold (Tar Beach)</p>
Science	<p>Light</p> <p>How We See and How Light Travels</p>	<p>Electricity</p> <p>Symbols and Diagrams</p> <p>Variation of Components Functions</p>	<p>Animals including Humans</p> <p>Circulatory System and Nutrition</p>	<p>Living Things and their Habitats</p> <p>Micro- Organisms Classification,</p>	<p>Living Things and their Habitats</p> <p>Evolution and Adaptation</p>	<p>Revision and Recap</p>
Computing	<p>Internet Communication</p> <p>NW, ET</p>	<p>Webpage Creation</p> <p>CM, DD</p>	<p>Variable in games</p> <p>PG, DD</p>	<p>Introduction to spreadsheets</p> <p>ET, DI</p>	<p>3D Modelling</p> <p>ET, CM</p>	<p>Sensing</p> <p>PG, CS</p>
Music			<p>Djembe Drumming</p>	<p>Music and Me</p>		<p>Yea 6 Production</p> <p>Memorising tunes and lyrics</p>

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			Music from countries in central and western Africa. Exploring and creating different sounds on drums Charanga: Instruments	Create your own music inspired by your identity and women in the music industry.		Performing together Performing to the school community
PSHE	Health and wellbeing Looking after ourselves; growing up; becoming independent; taking more responsibility Crucial Crew		Living the wider world Media literacy and digital resilience; influences and decision-making; online safety		Relationships Different relationships, changing and growing, adulthood, independence, moving to secondary school	
MFL	Spanish (last year) Weather Colours		Spanish (last Year) Spanish Festivals		Spanish (last Year) Revision of learning taught	
DT		Sustainable product design To plan and design a new use for an old product.	Sustainable product design cont. To plan and design a new use for an old product.	Theatre Design To plan and design Sets, scenery costumes or props		
PE	Dance Topic Linked	Unit 3-sports: Gym sequences Front & back support, sequence to music built up week by week, use skills learnt in previous years	Unit 2-fitness: Mighty Movers – boxercise Increased moves from Year 5, longer more difficult combinations, routines, share & teach class	Unit 3-fitness: Step to the beat Development of step moves, sequences to music	Unit 6-sports: Young Olympians Running techniques, sprint starts, javelin, triple jump, hurdles relay, mini olympics	OAA
	Unit 1-sports: Invaders Tag rugby	Football (Colchester United)	Basketball/Netball (Colchester United)	Unit 4-sports: Striking & fielding Rounders, different versions of game, rules, tactics, mini tournament	Unit 1 - fitness: Boot Camp Fitness circuits, indoor and outdoor	All Sports (Colchester United)