**Whole School PE Plan**

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| **Year One** | | | | | |
| **Term**  **1** | **Month** | **September** | **October** | **November** | **December** |
| Strand | Outdoor and Adventure | Games | Gymnastics | Dance |
| FMS | Walking  (Strand unit: Outdoor Challenges) | Catching | Balancing | Side- stepping |
| **Term**  **2** | **Month** | **January** | **February** | **March** | |
| Strand | Games  Badminton | Athletics | Dance | |
| FMS | Striking with an implement | Jumping for Height | Hopping | |
| **Term**  **3** | **Month** | **April** | **May** | **June** |  |
| Strand | Athletics | Games  Tennis | Outdoor and Adventure |  |
| FMS | Running | Striking with an implement | Walking |  |
| **Year Two** | | | | | |
| **Term**  **1** | **Month** | **September** | **October** | **November** | **December** |
| Strand | Athletics | Games | Gymnastics | Dance |
| FMS | Jumping for distance | Kicking | Landing | Skipping |
| **Term**  **2** | **Month** | **January** | **February** | **March** | |
| Strand | Games | Athletics | Dance | |
| FMS | Striking with the hand | Throwing | Balancing | |
| **Term**  **3** | **Month** | **April** | **May** | **June** |  |
| Strand | Games | Games (Hockey) | Outdoor and Adventure |  |
| FMS | Dodging | Striking with an implement | Orienteering |  |