**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 | GamesBadminton | Athletics | Dance |
| FMS | Striking with an implement | Jumping for Height | Hopping |
| **Term****3** | **Month** | **April** | **May** | **June** |  |
| Strand | Athletics | GamesTennis | 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 |  |