

**Growing and Learning Together**

**Whole School PE Plan**

**2020/2021**

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| **Year 1** |
| **Term 1** | **Month** | **September** | **October**  | **November**  | **December**  |
| **Strand** | Athletics  | Games- Basketball | Athletics  | Gymnastics  |
| **FMS** | Running | Throwing  | Hopping  | Balancing  |
| **Term 2** | **Month**  | **January**  | **February** | **March** |  |
| **Strand** | Gymnastics | Dance | Dance |  |
| **FMS** | Landing  | Skipping | Side- stepping |  |
| **Term 3**  | **Month**  | **April**  | **May**  | **June**  |  |
| **Strand** | Games / Soccer or Gaelic | Athletics/Games  | Outdoor / Adventure |  |
| **FMS** | Catching /Kicking  | Jumping for distance  | Walking  |  |