

# Whole School PE Plan

## YEAR 1

<b>Term 1</b>	<b>Month</b>	<b>September</b>	<b>October</b>	<b>November</b>	<b>December</b>
	<b>Strand</b>	Games	Athletics	Dance	Gymnastics
	<b>FMS</b>	Catching	Running	Skipping	Hopping
<b>Term 2</b>	<b>Month</b>	<b>January</b>	<b>February</b>	<b>March</b>	
	<b>Strand</b>	Dance	Gymnastics	Games	
	<b>FMS</b>	Balancing	Jumping (for height)	Kicking	
<b>Term 3</b>	<b>Month</b>	<b>April</b>	<b>May</b>	<b>June</b>	
	<b>Strand</b>	Games	Athletics	Outdoor and Adventure	
	<b>FMS</b>	Striking with hand	Throwing	Walking	

## YEAR 2

<b>Term 1</b>	<b>Month</b>	<b>September</b>	<b>October</b>	<b>November</b>	<b>December</b>
	<b>Strand</b>	Games	Athletics	Dance	Gymnastics
	<b>FMS</b>	Dodging	Running	Side Stepping	Landing
<b>Term 2</b>	<b>Month</b>	<b>January</b>	<b>February</b>	<b>March</b>	
	<b>Strand</b>	<b>Dance</b>	Gymnastics	Landing	
	<b>FMS</b>	Balancing	Jumping (for distance)	Catching and Throwing	
<b>Term 3</b>	<b>Month</b>	<b>April</b>	<b>May</b>	<b>June</b>	
	<b>Strand</b>	Games	Athletics	Outdoor and Adventure	
	<b>FMS</b>	Striking with an implement	Skipping	Hopping	

### Aquatics

Senior Room September / October

Middle Room January / February

Water Safety integrated with SPHE