**PE plan with FMS embedded**

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| **Whole School PE Plan** | | | | | | | |
| **YEAR 1** | | | | | | | |
| **Term**  **1** | **Month** | **September** | **October** | | **November** | | **December** |
| **Strand** | Games | Games | | Dance | | Dance |
| **FMS** | Catching  Dodging | Kicking  Side Stepping | | Balancing | | Skipping |
| **Term**  **2** | **Month** | **January** | | **February** | | **March** | |
| **Strand** | Aquatics/ Gymnastics | | Aquatics/ Gymnastics | | Outdoor and Adventure | |
| **FMS** | Jumping(height)/Hopping | | Kicking/ landing | | Walking | |
| **Term**  **3** | **Month** | **April** | | **May** | | **June** | |
| **Strand** | Athletics | | Athletics | | Outdoor and Adventure | |
| **FMS** | Skipping | | Jumping (distance) | | Running | |
| **YEAR 2** | | | | | | | |
| **Term**  **1** | **Month** | **September** | **October** | | **November** | | **December** |
| **Strand** | Games | Games | | Dance | | Dance |
| **FMS** | Striking with hand | Striking with implement | | Landing | | Hopping |
| **Term**  **2** | **Month** | **January** | | **February** | | **March** | |
| **Strand** | Aquatics/Gymnastics | | Aquatics/Gymnastics | | Outdoor and Adventure | |
| **FMS** | Balancing | | Kicking / Skipping | | Walking/ Running | |
| **Term**  **3** | **Month** | **April** | | **May** | | **June** | |
| **Strand** | Athletics | | Athletics | | Outdoor and Adventure | |
| **FMS** | Throwing | | Jumping (distance &height) | | Balancing | |