**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** | CatchingDodging  | 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  |