

### Physical Education: Plan Overview

Month	Year 1	Year 2
<b>September</b>	<b>Games</b>	<b>Games</b>
	<b>FMS:</b> Throwing/ Catching	<b>FMS:</b> Jumping (Height)
<b>October</b>	<b>Athletics</b>	<b>Athletics</b>
	<b>FMS:</b> Walking/ Running	<b>FMS:</b> Walking/ Running
<b>November</b>	<b>Dance</b>	<b>Dance</b>
	<b>FMS:</b> Hopping	<b>FMS:</b> Side Stepping
<b>December</b>	<b>Dance</b>	<b>Dance</b>
	<b>FMS:</b> Skipping	<b>FMS:</b> Jumping (Distance)
<b>January</b>	<b>Games</b>	<b>Games</b>
	<b>FMS:</b> Kicking/ Dodging	<b>FMS:</b> Striking (Hand/ Implement)
<b>February</b>	<b>Gymnastics</b>	<b>Gymnastics</b>
	<b>FMS:</b> Balancing/ Landing	<b>FMS:</b> Balancing/ Landing
<b>March</b>	<b>Outdoor Education Dance (S. Na Gaeilge)</b>	<b>Outdoor Education Dance (S. Na Gaeilge)</b>
	<b>FMS:</b> Balancing/ Walking	<b>FMS:</b> Balancing/ Running
<b>April</b>	<b>Outdoor Adventure</b>	<b>Outdoor Adventure</b>
	<b>FMS:</b> Walking	<b>FMS:</b> Running
<b>May</b>	<b>Athletics</b>	<b>Athletics</b>
	<b>FMS:</b> Balancing/ Walking	<b>FMS:</b> Throwing/ Catching
<b>June</b>	<b>Gymnastics/ Aquatics</b>	<b>Gymnastics/ Aquatics</b>
	<b>FMS:</b> Jumping (Height)	<b>FMS:</b> Throwing/ Catching

\*\*Aquatics Subject to pool timetabling – Land Paws for non-swimming classes