**Two Year PE Plan for St. Attracta’s National School, Ballaghaderreen, 19980S** 

**Year 2 - 2023-2024**

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|  | **Strand** | **Fundamental Movement Skill** | |
| **J. Infants** | | **S. Infants** | | **1st Class** | | **2nd Class** | | **3rd Class** | | **4th Class** | | **5th Class** | | **6th Class** |
| **Sept.** |  | **Walking** | | **Walking** | | **Walking** | | **Walking** | | **Walking** | | **Walking** | | **Walking** | | **Walking** |
| **Oct.** |  | **Striking with an implement**  **-Tennis Coach**  **&**  **Running** | | **Striking with an implement**  **- Tennis Coach**  **& Running** | | **Striking with an implement**  **- Tennis Coach**  **& Running** | | **Striking with an implement**  **- Tennis Coach**  **& Running** | | **Striking with an implement**  **- Tennis Coach**  **& Running** | | **Striking with an implement**  **Tennis Coach**  **& Running** | | **Striking with an implement**  **Tennis coach**  **& Running** | | **Striking with an implement**  **No tennis coach**  **& Running** |
| **November** |  | **Throwing** | | **Throwing** | | **Throwing** | | **Throwing** | | **Throwing** | |  | | **Throwing** | | **Throwing** |
| **December** |  | **Kicking and Catching** | | **Kicking and Catching** | | **Kicking and Catching** | | **Kicking and Catching** | | **Kicking and Catching** | |  | | **Kicking and Catching** | | **Kicking and Catching** |
| **January** |  | **Gymnastics**  **12/01; 26/01; 02/02**  **Balancing & Landing** | | **Gymnastics**  **Balancing & Landing** | | **Gymnastics**  **Balancing & Landing** | | **Gymnastics**  **Balancing & Landing r** |
| **February** |  | **Gymnastics**  **09/02, 23/02, 01/03, 08/03**  **Balancing & Landing** | | **Gymnastics**  **Balancing & Landing** | | **Gymnastics**  **Balancing & Landing** | | **Gymnastics**  **Balancing & Landing r** | | **GAMES- Kicking and Catching** | | **GAMES - Kicking and Catching** | | **GAMES - Kicking and Catching** | | **GAMES - Kicking and Catching** |
| **March** |  | **Skipping** | | **Skipping** | | **Skipping** | | **Skipping** | | **Skipping** | | **Skipping** | | **Skipping** | | **Skipping** |
| **April** |  | **Jumping for Height and Distance** | | **Jumping for Height and Distance** | | **Jumping for Height and Distance** | | **Jumping for Height and Distance** | | **Jumping for Height and Distance** | | **Jumping for Height and Distance** | | **Jumping for Height and Distance** | | **Jumping for Height and Distance** |
| **May** |  | **Hopping** | | **Hopping** | | **Hopping** | | **Hopping** | | **Hopping** | | **Hopping** | | **Hopping** | | **Hopping** |
| **June** |  | **Running** | | **Running** | | **Running** | | **Running** | | **Running** | | **Running** | | **Running** | | **Running** |
|  | Water Safety Ireland Logo  Paws Water Safety Programme | Water Safety Ireland LogoPaws Water Safety Programme | | Water Safety Ireland LogoPaws Water Safety Programme | | Water Safety Ireland LogoPaws Water Safety Programme | | Water Safety Ireland LogoPaws Water Safety Programme | | Water Safety Ireland LogoPaws Water Safety Programme | | Water Safety Ireland LogoPaws Water Safety Programme | | Water Safety Ireland LogoPaws Water Safety Programme | |
|  |  | **Sports Day/Soccer/Football Blitz/Basketball leagues etc** | | | | | | | | | | | | | | |

**Sept - June:** Lunchtime leagues - senior classes (Senior class teachers); First break / designated days - ASF activities led by Playground Leaders

After-school clubs - sport related

**Year 1 2022/2023**

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|  | **Strand** |
| **Fundamental Movement Skill** | | | | | | | |
| **J. Infants** | **S. Infants** | **1st Class** | **2nd Class** | **3rd Class** | **4th Class** | **5th Class** | **6th Class** |
| **September** |  | **Running** | **Running** | **Running** | **Running** | **Running** | **Running** | **Running** | **Running** |
| **October** |  | **Striking with an implement**  **(& Tennis Coach)** | **Striking with an implement**  **(& Tennis Coach)** | **Striking with an implement**  **(& Tennis Coach)** | **Striking with an implement (& Tennis Coach)** | **Striking with an implement**  **(& Tennis Coach)** | **Striking with an implement**  **(& Tennis Coach)** | **Striking with an implement**  **(& Tennis Coach)** | **Striking with an implement**  **(Tennis - after school club)** |
| **November** |  | **Skipping** | **Skipping** | **Skipping** | **Skipping** | **Skipping** |  | **Skipping** | **Skipping** |
| **December** |  | **Balancing** | **Balancing** | **Balancing** | **Balancing** | **Balancing** | **Balancing** | **Balancing** |
| **Balancing** |
| **January** |  | **Landing** | **Landing** | **Landing** | **Landing** | **Landing** | **Landing** | **Landing** | **Landing** |
| **February** |  | **Throwing** | **Throwing** | **Throwing** | **Throwing** | **Throwing** | **Throwing** | **Throwing** | **Throwing** |
| **March** |  | **Skipping** | **Skipping** | **Skipping** | **Skipping** | **Skipping** | **Skipping** | **Skipping** | **Skipping** |
| **April** |  | **Kicking & Catching**  **GAA Coach** | **Kicking & Catching**  **GAA Coach** | **Kicking & Catching**  **GAA Coach** | **Kicking & Catching**  **GAA Coach** | **Kicking & Catching**  **GAA Coach** | **Kicking & Catching** | **Kicking & Catching** | **Kicking & Catching** |
| **May** |  | **Striking with the hand** | **Striking with the hand** | **Striking with the hand** | **Striking with the hand** | **Striking with the hand** | **Striking with the hand** | **Striking with the hand** | **Striking with the hand** |
| **June** |  | Water Safety Ireland LogoPAWS Water Safety Programme | Water Safety Ireland LogoPAWS Water Safety Programme | Water Safety Ireland LogoPAWS Water Safety Programme | Water Safety Ireland LogoPAWS Water Safety Programme | Water Safety Ireland LogoPAWS Water Safety Programme | Water Safety Ireland LogoPAWS Water Safety Programme | Water Safety Ireland LogoPAWS Water Safety Programme | Water Safety Ireland LogoPAWS Water Safety Programme |

**Sept - June:** Lunchtime leagues - senior classes (Senior class teachers)

Lunchtime - ASF activities led by designated pupils (AP2)

After-school clubs - sport related

To be organised - Sports Day & Soccer Blitz