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

**Year 2 - 2023-2024**

|  |  |  |
| --- | --- | --- |
|  | **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 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 |
|  |  | **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**

|  |  |
| --- | --- |
|  | **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