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| **Our Lady’s G.N.S Standardised P.E. Timetable** | |
| **Month(s)** | **Strand** |
| **\*September** | **Athletics** x2 lessons  **Outdoor and adventure activities** x 2 lessons  **Outdoor and adventure activities:** Playground or Outdoor P.E. weekly |
| **\*October- December** | **Games**  **Outdoor and adventure activities:** Playground or Outdoor P.E. weekly |
| **January-February (until mid-term break)** | **Gymnastics**  **Outdoor and adventure activities:** Playground or Outdoor P.E. weekly |
| **February -March** | **Dance**  **Outdoor and adventure activities:** Playground or Outdoor P.E. weekly |
| **April-May** | **Athletics**  **Outdoor and adventure activities:** Playground or Outdoor P.E. weekly |
| **June** | **Outdoor and adventure activities:** Playground or Outdoor P.E. weekly  5th and 6th Class endeavour to participate in outdoor and adventure activities on yearly School Tour  Manystrands covered on Sports Day and during ASW  Potentially swim and taster lessons during ASW |

\*Teachers may choose to teach September lessons in October/November and vice versa as Athletics and Outdoor and adventure activities are weather dependent. All P.E. lessons-40 mins. Playground P.E.-20 mins. minimum