

# Weekly Physical Development Plan

## PE Lesson

Focus on Skills and identify one Fundamental Movement Skill  
Plan around curriculum outcomes  
Link to other Areas of Learning / Subjects

## Short Daily Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
Fundamental Movement Skills	Activity 2	Activity 3	Activity 4	Progression of identified activities

## Outdoor Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
e.g. Dance	e.g. Active Story / Mini Yo!	e.g. Bicycles	e.g. Ball Games	e.g. Obstacle Course

## Other Areas of Learning / Subjects

Identify and Areas of Learning / Subject to deliver through physical activities for the week  
Identify how being active impacts the chosen Area of Learning / Subject

