

Essendon C of E Primary School (VC)

Encouraging Everyone's Light To Shine (Matthew 5:16)

Physical Education Curriculum Map – Year A

Year A 2020/2021 Coverage from Get Set 4 PE

| Value | Essendon Way | Love Yourself | Love Others | Love God | Love Learning | Love the World You Live In |
|--------------|---|--|---|--|---|--|
| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Pantherswood | Experiment with different ways of moving. Yoga, to develop core strength & overall balance. | Travelling on, over, around & under balancing equipment. Yoga, core strength & balance activities. | Developing ball skills; rolling, throwing. Catching bean bags into hoops & buckets. Yoga, Activate – core strength & balance. | Developing ball skills; kicking, controlling football & passing. Yoga, Activate – core strength & balance. | Bat & ball skills. Balancing beanbags on bats, hitting balls & bean bags with bats. Yoga, Activate – core strength & balance. | Bat & ball skills. Balancing beanbags on bats, hitting balls & bean bags with bats. Yoga, Activate – core strength & balance |
| Homewood | Team building games. Use of woods | Yoga | Dance | Gymnastics | Fitness | Target Games |
| Warrenwood | Team building games. Use of woods | Dance – copy and create actions in response to a theme - flying | Gymnastics | Basketball | Cricket | Rounders |
| Harefield | Yoga | Dodgeball | Dance | Tag rugby | Gymnastics | OAA |

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Encouraging Everyone's Light To Shine (Matthew 5:16)

Physical Education Curriculum Map – Year B

Year B 2021/2022 Coverage from Get Set 4 PE

| Value | Essendon Way | Love Yourself | Love Others | Love God | Love Learning | Love the World You Live In |
|--------------|---|--|---|--|--|---|
| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Pantherswood | Experiment with different ways of moving. Yoga, to develop core strength & overall balance. | Travelling on, over, around & under balancing equipment. Yoga, core strength & balance activities. | Developing ball skills; rolling, throwing. Catching bean bags into hoops & buckets. Yoga, Activate – core strength & balance. | Developing ball skills; kicking, controlling football & passing. Yoga, Activate – core strength & balance. | Bat & ball skills. Balancing beanbags on bats, hitting balls & bean bags with bats. Yoga, Activate – core strength & balance. Handwriting patterns. Odd one out type activities. Form letters. Manage size and shape of letters. | Bat & ball skills. Balancing beanbags on bats, hitting balls & bean bags with bats. Yoga, Activate – core strength & balance. Handwriting patterns. Odd one out type activities. Form letters. Manage size and shape of letters |
| Homewood | Playground games | Fundamentals | Ball Skills | Sending and Receiving | Invasion | Striking and Fielding |
| Warrenwood | Hockey | Fitness | Ball Skills | Gymnastics | Tag Rugby | Athletics |
| Harefield | Basketball | Fitness | Hockey | Badminton | Tennis | Rounders |