



Essendon C of E Primary School

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PE Curriculum

Long term Plan, using Get Set PE

Mixed-Age updated: December 2025

Review Date: December 2026

“Encouraging everyone’s light to shine. Matthew” 5:16

PE Vision Statement: *“More than just a school!”*

At Essendon C of E Primary School, we aim to inspire every child to develop physical confidence, resilience, teamwork and a lifelong love of movement. Through high-quality teaching, inclusive practice and a broad, balanced curriculum, we nurture pupils' physical, social and emotional well-being so they can flourish both in school and beyond.

Long-Term PE Curriculum Overview

EYFS

Term	Unit	Key Vocabulary
Autumn 1	Fundamentals	move, balance, space, travel, jump
Autumn 2	Ball Skills	roll, throw, catch, aim, track
Spring 1	Dance	move, copy, rhythm, freeze, pattern
Spring 2	Gymnastics	balance, stretch, shape, travel
Summer 1	Games	team, share, turn-taking, rules
Summer 2	Athletics	run, jump, throw, distance

Years 1 & 2

Term	Unit	Key Vocabulary
Autumn 1	Fundamentals	balance, coordination, speed, direction
Autumn 2	Ball Skills	aim, control, catch, track
Spring 1	Dance	sequence, rhythm, flow
Spring 2	Gymnastics	roll, sequence, balance
Summer 1	Team Games	attack, defend, space
Summer 2	Athletics	sprint, jump, throw, effort

Years 3 & 4

Term	Unit	Key Vocabulary
Autumn 1	Invasion Games	pass, mark, tactic, space
Autumn 2	Gymnastics	vault, roll, sequence
Spring 1	Dance	motif, dynamics, movement
Spring 2	Net/Wall	rally, strike, position
Summer 1	Striking & Fielding	bowl, bat, field, catch
Summer 2	Athletics	power, pace, technique

Years 5 & 6

Term	Unit	Key Vocabulary
Autumn 1	Invasion Games (Advanced)	strategy, formation, transition
Autumn 2	Gymnastics	complex sequence, apparatus
Spring 1	Dance	choreography, canon, unison
Spring 2	Net/Wall	serve, rally, accuracy
Summer 1	Striking & Fielding (Advanced)	tactical batting, field setup
Summer 2	Athletics	consistency, performance, improvement

Assessment Framework

Level	Description
Working Towards	Developing basic control, limited consistency, emerging understanding.
Expected	Secure control, consistent performance, clear application of skills.
Exceeding	Advanced control, confident adaptation, strong tactical/creative decisions.