

Ruskington Chestnut Street - PE Curriculum Overview

Long Term Plan 2025-2026



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS F1	The development of children's Physical Development underpins all seven areas of learning and development and is vital in children's all-round development, enabling them to pursue happy, healthy and active lives.					
EYFS F2	Fundamentals - Space and movement	Gymnastics	Ball Skills	Dance	Fundamentals - running, jumping, moving	Team games
Year 1	Fundamentals Jumping	Net and wall Dance	Sending and receiving using body balls Invasion games	Fundamentals Target/ throwing Gymnastics	Running	Balance bike skills
Year 2	Fundamental skills Ball skills - feet and hands	Sending and receiving using equipment Gymnastics	Dance Fitness frenzy	Target games Gymnastics	Running	Balance bike skills
Year 3/4	Fundamentals Net and wall - Tennis	Invasion games - football Gymnastics	Dance Gymnastics	Handball Fitness	Striking and fielding - Cricket Athletics	OAA
Year 4/5	Invasion games - Tag rugby Swimming	Swimming Fitness	Gymnastics Football	Net and wall - Tennis Dance	Striking and fielding - rounders	Athletics OAA

					Team games Hockey	
Year 5/6	Swimming Invasion games - basketball Gymnastics	Swimming Invasion games - football Boxercise	Bikeability Dance	Net and wall - badminton Gymnastics	Striking and fielding - cricket Athletics	OAA