



Key Stage 2 PE Curriculum Progression

Year 3 to Year 6 | 2026-2027

This concise progression document is built directly from Park Road Academy's final Key Stage 2 PE curriculum. It shows how pupils progress from applying core skills in Year 3 to increasingly tactical, technically secure, independent and leadership-focused performance by Year 6.

Specialist provision: Years 4 and 5 receive swimming and gymnastics teaching from Trafford Leisure at Altrincham Leisure Centre from Spring 2 through Summer 2.

1. Key Stage 2 Curriculum Sequence

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics - Linking movements together control, fluency and sequence Football dribbling, passing and space	Dodgeball throwing, catching and evasion Dance - Dance Around the World pattern, style and performance	Tri Golf striking accuracy and control OAA teamwork and problem solving	Rounders batting, fielding and decisions Health Related Fitness fitness components and effort	Athletics 3 technique and personal best Tennis rallying and court positioning	Cricket batting, bowling and fielding Netball passing, footwork and space
Year 4	Netball passing, movement and tactics Athletics 4 refined running, jumping and throwing	Tag Rugby passing, support and invasion tactics Dance - Romans composition and performance	OAA navigation, communication and teamwork Hockey dribbling, passing and defending	Swimming water confidence, stroke and safety Gymnastics Year 4 shape, balance and apparatus Trafford Leisure	Swimming stroke development and stamina Gymnastics Year 4 flight, landing and apparatus Trafford Leisure	Swimming water safety and 25m assessment Gymnastics Year 4 partner work and sequences Trafford Leisure

Year 5	Basketball dribbling, shooting and tactics Athletics 5 technique, pacing and performance	Lacrosse stick control, passing and space Dance - The Haka expression, timing and cultural performance	Team Building and Problem Solving communication, trust and leadership Ultimate Frisbee passing, movement and tactics	Swimming stroke refinement and distance Gymnastics Year 5 matching, mirroring and contrast Trafford Leisure	Swimming stamina and personal survival Gymnastics Year 5 flight, vaulting and apparatus Trafford Leisure	Swimming self-rescue and final assessment Gymnastics Year 5 canon, synchronisation and evaluation Trafford Leisure
Year 6	Football tactics, decision making and performance Health Related Fitness training, fitness and evaluation	Leadership planning, organising and leading Dance - Dance through the ages style, composition and performance	Basketball advanced tactics and teamwork Personal Challenges goal setting and improvement	Hockey formations, tactics and officiating Cricket strategy, batting, bowling and fielding	Rounders tactical striking and fielding Athletics 6 refinement and personal performance	OAA navigation, leadership and problem solving Dodgeball tactics, rules and officiating

2. KS2 Progression by Strand

The statements below are school-authored progression points drawn from the units in the KS2 curriculum and are intended to sit alongside PE Passport lesson content and assessment.

Strand	Year 3	Year 4	Year 5	Year 6
Physical literacy & fitness	Apply core movement skills in increasingly sport-specific contexts and begin to describe how activity affects the body.	Use movement with greater efficiency and control; sustain effort and recognise how technique affects performance.	Apply strength, stamina, coordination and agility purposefully; set simple performance targets.	Select and adapt movement efficiently; understand fitness components and evaluate how training can improve performance.
Gymnastics	Link balances, travels and rotations into controlled sequences with fluency.	Through specialist teaching, develop stronger shapes, balances, apparatus work, flight and partner sequences.	Through specialist teaching, refine complex partner/group work, flight, synchronisation, canon and performance quality.	Apply the body control, strength and sequence awareness developed previously within dance, games, leadership and other physical contexts.
Dance	Perform sequences inspired by contrasting cultural styles and show clearer timing and expression.	Create and refine themed sequences using formations, transitions and performance quality.	Perform powerful, coordinated sequences with attention to timing, expression and cultural context.	Compose and perform longer sequences, adapting style to different historical periods and evaluating performance.
Invasion games	Use basic tactics, space, passing and movement in football and netball.	Apply attacking and defending principles with greater control in netball, tag rugby and hockey.	Make quicker tactical decisions and use sport-specific techniques in basketball, lacrosse and ultimate frisbee.	Use formations, advanced decision making, communication and evaluation in football, basketball and hockey.
Net/wall, target & striking/fielding	Develop accuracy and control in tennis, tri golf, rounders and cricket and begin to make simple tactical choices.	Apply game principles more consistently and select appropriate techniques within hockey and specialist game contexts.	Transfer accuracy, movement and decision making across a broader range of games and competitive situations.	Use tactics, positioning, officiating and refined technique in cricket, rounders and other competitive activities.

Athletics	Develop running, jumping and throwing technique and compare performance against a personal best.	Refine technique and use feedback to improve speed, distance, height or accuracy.	Use pacing, technical refinement and target setting to improve performance.	Perform with greater consistency, analyse performance and make informed adjustments to maximise personal outcomes.
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3. OAA, Leadership, Swimming & End Points

Strand	Year 3	Year 4	Year 5	Year 6
OAA, teamwork & problem solving	Work cooperatively, communicate ideas and solve simple team challenges.	Use simple navigation strategies, share roles and adapt plans when a challenge changes.	Take greater responsibility for team decisions, build trust and solve more complex group problems.	Lead aspects of OAA tasks, navigate with increasing independence and evaluate team strategies.
Leadership & personal development	Show resilience, fair play and responsibility in team and individual activities.	Communicate positively, take on roles and respond constructively to feedback.	Develop trust, initiative and leadership through team-building and problem-solving activities.	Plan, organise and lead activities; officiate fairly; set personal goals and evaluate performance.
Swimming & water safety	Not taught as a discrete curriculum block.	Specialist Trafford Leisure provision: develop water confidence, efficient strokes, stamina, water safety and progress towards 25 metres.	Specialist Trafford Leisure provision: refine strokes, increase distance and stamina, develop personal survival and secure safe self-rescue.	Use Year 4/5 assessment information to identify any pupils requiring top-up swimming so statutory KS2 outcomes can be secured before leaving primary school.

Assessment and evidence

Observe	Capture	Review
Look for technical control, consistency, tactical decision making, teamwork, independence, leadership and the ability to improve through feedback.	Use PE Passport assessments and concise teacher evidence. For Years 4 and 5, incorporate Trafford Leisure assessment information for swimming and gymnastics.	Check whether pupils can transfer skills and principles between activities, explain choices and adapt performance rather than only reproduce isolated techniques.

End of Key Stage 2

By the end of Year 6, pupils should be able to apply a broad range of movement and sport-specific skills with control; use tactics and make decisions in competitive situations; perform and evaluate dance and physical sequences; improve personal performance; work effectively and lead others; and

understand how regular physical activity supports health and wellbeing. Pupils should also have had the opportunity to meet the statutory KS2 swimming and water-safety outcomes through the Year 4 and Year 5 specialist programme.