



PE & Sport Curriculum

Long-Term Overview with Careers & Enrichment

2026-2027

Curriculum design

A broad and progressive PE curriculum developing physical literacy, sport-specific skills, teamwork, confidence, leadership and healthy participation from Nursery to Year 6.

Year 4 & Year 5 Specialist Provision

From Spring 2 through the Summer term, Trafford Leisure will deliver swimming and gymnastics for Years 4 and 5 at Altrincham Leisure Centre, providing specialist teaching, facilities and coaching.

Whole-school enrichment

Sports Days • School teams • Inter-school competitions • Intra-school challenges • Clubs and taster sessions • Leadership opportunities

EYFS PE Curriculum

Career links are illustrative examples showing how PE knowledge and skills connect to the world of work.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Stability 1 <i>Career link: Physiotherapist</i>	Yoga <i>Career link: Yoga Instructor</i>	Target Games 1 <i>Career link: Sports Coach</i>	Athletics 1 <i>Career link: Athletics Coach</i>	Gymnastics - Travelling, Stopping, and Making Shapes <i>Career link: Gymnastics Coach</i>	Gymnastics - Parts High & Parts Low <i>Career link: Gymnastics Coach</i>
Enrichment	Mini Sports Day • Outdoor movement trail / physical challenge					
Reception	Locomotion 2 <i>Career link: Sports Coach</i> Stability 2 (static and dynamic balance) <i>Career link: Physiotherapist</i>	Object Control 1 <i>Career link: Multi-Sports Coach</i> Gymnastics Reception <i>Career link: Gymnastics Coach</i>	Dance - Seasons <i>Career link: Dance Teacher</i> Fundamental Movement Skills 1 <i>Career link: PE Teacher</i>	Yoga <i>Career link: Wellbeing Coach</i> Invasion Game Skills 1 <i>Career link: Team Sports Coach</i>	Athletics 1 <i>Career link: Athletics Coach</i> Striking & Fielding Game Skills 1 <i>Career link: Cricket Coach</i>	Target Games 1 <i>Career link: Sports Development Coach</i> Personal Challenges <i>Career link: Personal Trainer</i>
Enrichment	EYFS Sports Day • Class obstacle or personal challenge event					

Key Stage 1 PE Curriculum

Career links are illustrative examples showing how PE knowledge and skills connect to the world of work.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gymnastics - Balancing & spinning on Points & Patches <i>Career link: Gymnastics Coach</i> Fundamental Movement Skills 2 <i>Career link: Sports Coach</i>	Fundamental Movement Skills 3 <i>Career link: PE Teacher</i> Object Control 2 <i>Career link: Multi-Sports Coach</i>	Yoga Storybook <i>Career link: Children's Yoga Instructor</i> Net & Wall Game Skills 1 <i>Career link: Racket Sports Coach</i>	Invasion Game Skills 1 <i>Career link: Team Sports Coach</i> OAA <i>Career link: Outdoor Education Instructor</i>	Striking & Fielding Game Skills 2 <i>Career link: Cricket Coach</i> Athletics 2 <i>Career link: Athletics Coach</i>	Dance - Fire of London <i>Career link: Dance Instructor</i> Target Games 2 <i>Career link: Sports Development Officer</i>
Enrichment	Sports Day • KS1 multi-skills festival / sports club taster					
Year 2	Invasion Game Skills 2 <i>Career link: Team Sports Coach</i> Gymnastics - Pathways: straight, zigzag & curving <i>Career link: Gymnastics Coach</i>	Dance - Pirates <i>Career link: Choreographer</i> Fundamental Movement Skills 3 <i>Career link: Sports Coach</i>	Net & Wall Game Skills 2 <i>Career link: Tennis Coach</i> Yoga <i>Career link: Wellbeing Coach</i>	OAA <i>Career link: Outdoor Education Instructor</i> Tri Golf <i>Career link: Golf Coach</i>	Athletics 2 <i>Career link: Athletics Coach</i> Striking & Field Game Skills 2 <i>Career link: Cricket Development Coach</i>	Target Games 3 <i>Career link: Sports Skills Coach</i> Net & Wall Game Skills 2 <i>Career link: Racket Sports Coach</i>
Enrichment	Sports Day • KS1 inter-school festival or racket / golf taster					

Lower Key Stage 2 PE Curriculum

Career links are illustrative examples showing how PE knowledge and skills connect to the world of work.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics - Linking movements together <i>Career link: Gymnastics Coach</i> Football <i>Career link: Football Coach</i>	Dodgeball <i>Career link: Sports Official / Referee</i> Dance - Dance Around the World <i>Career link: Cultural Dance Practitioner</i>	Tri Golf <i>Career link: Golf Coach</i> OAA <i>Career link: Outdoor Education Instructor</i>	Rounders <i>Career link: Striking & Fielding Coach</i> Health Related Fitness <i>Career link: Personal Trainer</i>	Athletics 3 <i>Career link: Athletics Coach</i> Tennis <i>Career link: Tennis Coach</i>	Cricket <i>Career link: Cricket Coach</i> Netball <i>Career link: Netball Coach</i>
Enrichment	Sports Day • School team and inter-school competition opportunities					
Year 4	Netball <i>Career link: Netball Coach</i> Athletics 4 <i>Career link: Athletics Performance Coach</i>	Tag Rugby <i>Career link: Rugby Coach</i> Dance - Romans <i>Career link: Choreographer</i>	OAA <i>Career link: Outdoor Adventure Leader</i> Hockey <i>Career link: Hockey Coach</i>	Swimming <i>Career link: Swimming Instructor / Lifeguard</i> Gymnastics Year 4 <i>Career link: Gymnastics Coach</i> Trafford Leisure - Altrincham Leisure Centre	Swimming <i>Career link: Swimming Instructor / Lifeguard</i> Gymnastics Year 4 <i>Career link: Gymnastics Coach</i> Trafford Leisure - Altrincham Leisure Centre	Swimming <i>Career link: Swimming Instructor / Lifeguard</i> Gymnastics Year 4 <i>Career link: Gymnastics Coach</i> Trafford Leisure - Altrincham Leisure Centre
Enrichment	Trafford Leisure swimming & gymnastics • School teams / inter-school competitions					

Upper Key Stage 2 PE Curriculum

Career links are illustrative examples showing how PE knowledge and skills connect to the world of work.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Basketball <i>Career link: Basketball Coach</i> Athletics 5 <i>Career link: Sports Scientist</i>	Lacrosse <i>Career link: Sports Development Officer</i> Dance - The Haka <i>Career link: Cultural Performance Practitioner</i>	Team Building and Problem Solving <i>Career link: Leadership Facilitator</i> Ultimate Frisbee <i>Career link: Invasion Games Coach</i>	Swimming <i>Career link: Aquatics Coach / Lifeguard</i> Gymnastics Year 5 <i>Career link: Gymnastics Performance Coach</i> Trafford Leisure - Altrincham Leisure Centre	Swimming <i>Career link: Aquatics Coach / Lifeguard</i> Gymnastics Year 5 <i>Career link: Gymnastics Performance Coach</i> Trafford Leisure - Altrincham Leisure Centre	Swimming <i>Career link: Aquatics Coach / Lifeguard</i> Gymnastics Year 5 <i>Career link: Gymnastics Performance Coach</i> Trafford Leisure - Altrincham Leisure Centre
Enrichment	Trafford Leisure swimming & gymnastics • School teams / inter-school competitions					
Year 6	Football <i>Career link: Football Analyst / Coach</i> Health Related Fitness <i>Career link: Strength & Conditioning Coach</i>	Leadership <i>Career link: Sports Programme Manager</i> Dance - Dance through the ages <i>Career link: Dance Historian / Choreographer</i>	Basketball <i>Career link: Basketball Coach</i> Personal Challenges <i>Career link: Personal Trainer</i>	Hockey <i>Career link: Hockey Performance Analyst</i> Cricket <i>Career link: Cricket Coach</i>	Rounders <i>Career link: Striking & Fielding Coach</i> Athletics 6 <i>Career link: Sports Scientist</i>	OAA <i>Career link: Outdoor Education Leader</i> Dodgeball <i>Career link: Sports Official / Referee</i>
Enrichment	Sports Day leadership / Sports Crew • School teams and inter-school competitions					

PE Careers Pathway & Enrichment

Career education in PE helps pupils recognise that sport and physical activity connect to roles in coaching, health, performance, leisure, leadership and the creative industries.

Career area	Example roles	Possible pathway
Coaching & Teaching	PE Teacher, Sports Coach, Gymnastics Coach, Tennis Coach	Enjoy and develop sport at school → take part in clubs, teams and leadership → study PE / Sport at GCSE → progress to sport, coaching or education courses → gain relevant coaching or teaching qualifications.
Health & Performance	Physiotherapist, Sports Scientist, Strength & Conditioning Coach	Build knowledge of movement, fitness and the body → study PE and science subjects → progress to sport science, physiotherapy or health-related study → specialist professional training.
Aquatics & Leisure	Swimming Instructor, Lifeguard, Aquatics Coach	Develop swimming, water safety and confidence → take part in aquatics → complete recognised swimming / lifeguarding qualifications → work in leisure, teaching or coaching.
Outdoor & Leadership	Outdoor Education Leader, Sports Programme Manager, Leadership Facilitator	Develop teamwork, navigation and leadership → take on school leadership roles → study PE, geography or business → progress to outdoor education, sport management or leadership.
Performance & Analysis	Sports Analyst, Performance Coach, Sports Official	Develop tactical understanding, rules and evaluation → participate in competitive sport → study PE, maths or computing → progress to performance analysis, coaching or officiating.

Dance & Creative Movement	Choreographer, Dance Teacher, Cultural Performance Practitioner	Develop creativity, expression and performance → take part in dance / performance opportunities → study dance, PE or performing arts → specialist training or degree routes.
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Whole-school enrichment opportunities

- Annual Sports Days for EYFS, KS1 and KS2, allowing pupils to apply athletics, teamwork and personal-best skills.
- School teams and inter-school competitions across appropriate sports, supporting competition, teamwork, resilience and sportsmanship.
- Intra-school challenges and personal-best events linked to PE units and wider school sport.
- Extra-curricular clubs and taster sessions, where available, to broaden participation beyond curriculum lessons.
- Pupil leadership opportunities, particularly in Year 6, including helping to lead activities, support Sports Day and model fair play.
- Specialist Trafford Leisure provision for Years 4 and 5: swimming and gymnastics at Altrincham Leisure Centre from Spring 2 to Summer 2.