PE & SPORT CURRICULUM

Long-Term Overview

A curriculum for physical competence, confidence, character and lifelong participation.

Park Road Academy uses PE Passport as its scheme of work and assessment framework. The curriculum is deliberately sequenced from movement foundations in EYFS to increasingly fluent performance, tactical decision-making, evaluation, leadership and independence by Year 6.

The overview combines statutory curriculum entitlement with enrichment, specialist provision, cultural capital, careers education, inclusion and sustainable improvement.

CURRICULUM DESIGN Progressive PE Passport curriculum and assessment.	**ENRICHMENT** Sports Days, cultural dance, curriculum-linked visits, teams, competitions and personal best.	**CULTURAL CAPITAL** Broad sports, facilities, traditions and real-world experiences.	**BRITISH VALUES** Rules, fairness, respect, responsibility and voice.
INCLUSION Adaptive practice and equitable access with high ambition.	**CAREERS** Visible routes into sport, health, leisure and performance.	**SPECIALISTS** Purposeful expertise, including Trafford Leisure.	**SUSTAINABILITY** Active habits, responsible resources and lasting capacity.

01 Curriculum Architecture

How PE develops from Nursery to Year 6

EYFS	KS1	LOWER KS2	UPPER KS2
FOUNDATIONS	**SECURE & APPLY**	**REFINE & CONNECT**	**PERFORM & LEAD**
Stability • locomotion • object control • spatial awareness • confidence • safe participation	**Fundamental movement • simple tactics • games • dance • gymnastics • athletics • orienteering**	Technique • combination • tactical understanding • fitness • collaboration • evaluation	Fluency • pressure • strategy • analysis • leadership • officiating • KS3 readiness

INTENT Every pupil develops physical competence, confidence and enjoyment; acquires progressively richer movement, tactical and evaluative knowledge; experiences breadth; and understands how PE contributes to health, character and future participation.	**IMPLEMENTATION** PE Passport provides the curriculum spine. Teachers model movement, rules, tactics and vocabulary; build deliberate practice; adapt access without lowering ambition; and move learning from rehearsal to authentic application.	**IMPACT** Pupils know more, can do more and remember more. They move with increasing control, make better decisions, explain improvement, collaborate and compete respectfully, lead others and leave Year 6 ready for secondary PE.
INCLUSION Space, task, equipment, people, rules, pace, communication and support are adapted where needed. Success includes technique, decision-making, improvement, creativity, leadership and collaboration.	**ASSESSMENT** Formative assessment uses observation, questioning, performance, explanation and self/peer evaluation. PE Passport judgements identify security, next steps, support and deeper challenge.	**CULTURAL CAPITAL** Pupils encounter broad sports, dance traditions, specialist facilities, competition formats, leadership roles and careers that extend experience beyond what may be available independently.

02 Progression Principles & Curriculum Strands

What becomes more sophisticated over time

BUILD	REVISIT	REFINE	LEAD
Secure movement foundations before increasing technical and tactical demand.	Return to core movement patterns through new sports and contexts so pupils transfer learning.	Use feedback, vocabulary and evaluation to improve control, fluency and decision-making.	Increase independence, responsibility, officiating, problem-solving and leadership.

PHYSICAL COMPETENCE Fundamental movement • balance • agility • coordination • technique • control • fluency	**GAMES & TACTICS** Attacking • defending • space • possession • decision-making • rules • strategy
GYMNASTICS & DANCE Shape • travel • balance • sequence • expression • rhythm • composition • performance	**ATHLETICS & FITNESS** Run • jump • throw • personal best • stamina • strength • flexibility • healthy participation
ORIENTEERING, OAA & PROBLEM SOLVING **Teamwork • communication • navigation • challenge • resilience • leadership**	**SWIMMING & WATER SAFETY** 25m competence • effective strokes • confidence • proficiency • safe self-rescue
EVALUATION & VOCABULARY Observe • explain • compare • feedback • analyse • refine • subject language	**PERSONAL & SOCIAL** Respect • fairness • responsibility • confidence • cooperation • leadership • sportsmanship

03 EYFS Long-Term Curriculum Map

Build enjoyment, confidence and physical literacy. Pupils learn to control their bodies, objects and space, follow simple routines and participate safely.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Stability 1	Yoga	Target Games 1	Cross-Curricular Orienteering	Gymnastics: travelling, stopping & shapes	Gymnastics: parts high & low
Reception	Locomotion 2 + Stability 2	Object Control 1 + Gymnastics	Dance - Seasons + FMS 1	Cross-Curricular Orienteering + Invasion Game Skills 1	Athletics 1 + Striking & Fielding 1	Target Games 1 + Personal Challenges

ENRICHMENT

EYFS Sports Day • Christmas production dance • Healthy lifestyles: sandwich making & baking • International Week cultural dance

CAREERS MADE VISIBLE

Physiotherapist • Yoga Instructor • Sports Coach • Athletics Coach • Gymnastics Coach • Dance Teacher • Personal Trainer • Outdoor Education / Orienteering Coach

PROGRESSION EMPHASIS

Build enjoyment, confidence and physical literacy. Pupils learn to control their bodies, objects and space, follow simple routines and participate safely.

04 KS1 Long-Term Curriculum Map

Secure fundamental movement and apply it with increasing control. Pupils make simple tactical choices, cooperate and compete, and begin to explain improvement.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gymnastics points & patches + FMS 2	FMS 3 + Object Control 2	Yoga Storybook + Net & Wall 1	Invasion Game Skills 1 + Cross-Curricular Orienteering	Striking & Fielding 2 + Athletics 2	Dance - Fire of London + Target Games 2
Year 2	Invasion Game Skills 2 + Gymnastics pathways	Dance - Pirates + FMS 3	Net & Wall 2 + Yoga	Cross-Curricular Orienteering + Tri Golf	Athletics 2 + Striking & Fielding 2	Target Games 3 + Net & Wall 2

ENRICHMENT

Sports Day • Year 1 Newton Park walk & local-area visit • International Week cultural dance • school teams, festivals & inter-school competitions

CAREERS MADE VISIBLE

PE Teacher • Multi-Sports Coach • Racket Sports Coach • Outdoor Education / Orienteering Coach • Choreographer • Sports Development Officer

PROGRESSION EMPHASIS

Secure fundamental movement and apply it with increasing control. Pupils make simple tactical choices, cooperate and compete, and begin to explain improvement.

05 LKS2 Long-Term Curriculum Map

Refine and combine skills, broaden sporting experience, develop tactics, fitness, collaboration and self-evaluation, and work with increasing independence.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics linking + Football	Dodgeball + Dance Around the World	Tri Golf + Athletics 3	Rounders + Health Related Fitness	Cross-Curricular Orienteering + Tennis	Cricket + Netball
Year 4	Netball + Athletics 4	Tag Rugby + Dance - Romans	OAA + Hockey	Swimming + Gymnastics (Trafford Leisure)	Swimming + Gymnastics (Trafford Leisure) + Cross-Curricular Orienteering	Swimming + Gymnastics (Trafford Leisure)

ENRICHMENT

Sports Day • Y3 Quarry Bank Mill & map skills • Y4 LCCC Open Day • International Week cultural dance • school teams & competitions • Y4 Trafford Leisure

CAREERS MADE VISIBLE

Sports Official / Referee • Cultural Dance Practitioner • Personal Trainer • Performance Coach • Orienteering Coach / Outdoor Education Leader • Swimming Instructor • Lifeguard

PROGRESSION EMPHASIS

Refine and combine skills, broaden sporting experience, develop tactics, fitness, collaboration and self-evaluation, and work with increasing independence.

06 UKS2 Long-Term Curriculum Map

Apply skills fluently under pressure, select tactics, analyse performance, lead and officiate, and demonstrate the knowledge and behaviours needed for secondary PE.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Basketball + Athletics 5	Lacrosse + Dance - The Haka	Team Building + Ultimate Frisbee	Swimming + Gymnastics (Trafford Leisure)	Swimming + Gymnastics (Trafford Leisure)	Swimming + Gymnastics (Trafford Leisure) + Cross-Curricular Orienteering
Year 6	Football + Health Related Fitness	Leadership + Dance through the ages	Basketball + Personal Challenges	Hockey + Cricket	Rounders + Athletics 6	Cross-Curricular Orienteering + Dodgeball

ENRICHMENT

Sports Day leadership / Sports Crew • Year 5 LCCC Open Day • Year 6 whole-class Sportshall Athletics trip • International Week cultural dance • school teams & inter-school competition • Trafford Leisure specialist provision in Year 5

CAREERS MADE VISIBLE

Sports Scientist • Performance Analyst • Strength & Conditioning Coach • Sports Programme Manager • Aquatics Coach • Outdoor Education / Orienteering Coach

PROGRESSION EMPHASIS

Apply skills fluently under pressure, select tactics, analyse performance, lead and officiate, and demonstrate the knowledge and behaviours needed for secondary PE.

07 Progression at a Glance

A concise inspection-facing view of increasing sophistication

Progression thread	EYFS	KS1	Lower KS2	Upper KS2 / End Point
Physical competence	Explores stability, locomotion and object control.	Controls fundamental movement in varied contexts.	Refines and combines sport-specific skills.	Applies skills fluently, accurately and under pressure.
Tactics & decisions	Responds to simple space and instructions.	Makes simple choices in games and challenges.	Selects tactics and adapts decisions.	Reads situations, justifies tactics and adapts independently.
Performance & creativity	Copies and creates simple movement.	Links actions in dance and gymnastics.	Composes, performs and refines sequences.	Performs with precision, expression and audience awareness.
Fitness & health	Enjoys active play and notices body responses.	Builds stamina and understands why activity matters.	Connects fitness components to performance.	Explains fitness, challenge and lifelong participation.
Evaluation	Talks about what happened.	Identifies simple strengths and next steps.	Uses feedback and vocabulary to refine performance.	Analyses precisely and improves independently.
Leadership	Takes turns and shares space/equipment.	Cooperates and follows rules fairly.	Communicates, supports others and accepts responsibility.	Leads, officiates, organises and models inclusive sportsmanship.

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Extra-Curricular Sport & Wider Physical Activity

How Park Road extends physical activity beyond curriculum PE

Provision	Pupils	When / Frequency	Delivery
Friday Football Club	Years 5 & 6	Fridays throughout the year	School-led
Netball Club	KS2	Thursdays throughout the year	School-led
Altrincham FC Football Club	Years 1 & 2	Tuesdays	Altrincham FC - parent-funded
Altrincham FC Football Club	Years 3 & 4	Wednesdays	Altrincham FC - parent-funded
Altrincham FC Multi-Sports Club	Years 1 & 2	Wednesdays	Altrincham FC - parent-funded
Altrincham FC Lunchtime Sports Clubs	Various year groups	Across the week at lunchtime	Altrincham FC - parent-funded
Additional Lunchtime Physical Activity	Years 1-5	One 30-minute session per class each week	School provision - separate from PE lessons

ADDITIONAL ACTIVITY TIME

Every class from Year 1 to Year 5 receives an additional 30-minute physical activity session during one lunchtime each week, separate from curriculum PE.

COMPETITIVE SCHOOL SPORT

School teams, sporting events and inter-school competitions provide further opportunities to apply skills, represent Park Road and develop teamwork and sportsmanship.

BREADTH OF OFFER

The wider offer combines school-led clubs, partner-led parent-funded clubs and lunchtime activity so pupils can experience football, netball, multi-sports and a broader range of physical activity.

This wider offer sits alongside curriculum PE and curriculum enrichment. Parent-funded partner clubs are identified transparently within the provision above.

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Careers Pathways in PE & Sport

From primary curriculum experiences to real UK education, training and professional routes

CAREERS ARE WOVEN THROUGH THE CURRICULUM - NOT ADDED AS A SEPARATE EVENT

PARK ROAD	SECONDARY	14-16	POST-16	CAREER ENTRY
PE Passport units • clubs • teams • swimming • orienteering • leadership • competition	KS3 PE • school sport • clubs • volunteering • leadership	GCSE PE / Dance / relevant GCSEs • vocational Sport where offered	A Level PE / sciences / Dance • Level 3 Sport • apprenticeships • NGB awards	Degree / degree apprenticeship • professional registration • industry qualification • employment

Routes vary by role and provider. The pathway cards below show credible examples rather than a single compulsory route.

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Career Route Cards

Clear routes from school experiences to training and employment

PE TEACHER

Curriculum link: leadership, coaching, feedback, broad PE

ROUTE School PE & leadership → GCSE PE / Sport → A Level PE or Level 3 Sport → sport/PE degree with QTS OR first degree + postgraduate teacher training / teacher apprenticeship → QTS → PE teacher.

SPORTS COACH

Curriculum link: technique, tactics, motivation and improvement

ROUTE School sport / club participation → volunteering or junior leadership → sport-specific National Governing Body coaching awards and/or Level 2-3 coaching apprenticeship/college route → coaching employment → higher coaching awards / coach development.

PHYSIOTHERAPIST

Curriculum link: movement, injury prevention, recovery and physical function

ROUTE PE + Science interest → GCSEs including English, Maths and Science → A Levels/equivalent, commonly including Biology → approved Physiotherapy degree OR Level 6 Physiotherapist Degree Apprenticeship → HCPC registration → physiotherapist → optional sports specialism.

SPORTS SCIENTIST

Curriculum link: fitness, performance, data and evaluation

ROUTE PE + Science/Maths → GCSE PE and strong sciences where appropriate → A Levels / Level 3 study → Sport & Exercise Science degree (biomechanics, physiology, psychology) → work placements / postgraduate study where useful → sports science / performance roles.

SWIMMING TEACHER

Curriculum link: swimming technique, water confidence and teaching

ROUTE Swimming competence → club / leisure-centre experience → recognised swimming teaching qualification when age-eligible → assistant / swimming teacher roles → further specialist awards → lead teacher / aquatics coaching.

LIFEGUARD

Curriculum link: water safety, responsibility and emergency response

ROUTE Strong swimming and water confidence → National Pool Lifeguard Qualification (NPLQ) or Level 2 Award in Pool Lifeguarding when eligible OR Leisure Team Member apprenticeship → lifeguard → pool management / swimming teaching / safety instruction.

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Career Route Cards

Clear routes from school experiences to training and employment

SPORTS DEVELOPMENT OFFICER

Curriculum link: participation, inclusion, leadership and community sport

ROUTE School leadership / volunteering → GCSE PE / Sport → college, apprenticeship or degree in sports development, management, coaching, sports science or leisure → community sport experience → sports development role.

PERFORMANCE ANALYST

Curriculum link: tactics, observation, evaluation and data

ROUTE Tactical analysis + Maths/Computing interest → GCSE PE plus Maths/Computing where appropriate → A Level / Level 3 Sport, Maths, Computing or Science → sport science / performance analysis / data-related degree → placement/internship → analyst role.

STRENGTH & CONDITIONING COACH

Curriculum link: fitness, movement quality and performance

ROUTE Health-related fitness → GCSE PE + Science → A Level / Level 3 Sport or Science → sport/exercise science or strength & conditioning degree → supervised practical experience and relevant professional accreditation → S&C roles.

OUTDOOR EDUCATION / ORIENTEERING COACH

Curriculum link: OAA, orienteering, navigation, teamwork, resilience and risk awareness

ROUTE OAA / orienteering / outdoor clubs → volunteering and youth leadership → PE, Geography or Sport study → outdoor activity, coaching or leadership qualifications / apprenticeship / college route → instructor, outdoor education or orienteering coaching roles.

SPORTS OFFICIAL / REFEREE

Curriculum link: rules, fairness, decision-making and communication

ROUTE Learn and apply rules → school officiating → sport-specific governing-body referee/official course → grassroots officiating → progression through assessment and higher-level awards → community / performance officiating.

SPORTS PROGRAMME MANAGER

Curriculum link: leadership, organisation, events and participation

ROUTE Pupil leadership → volunteering / event support → GCSE PE / Business → Level 3 Sport/Business, apprenticeship or A Levels → sport management / leisure / business degree or apprenticeship → programme, facility or event management.

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Wider Curriculum, Specialist Provision & Sustainability

What makes the Park Road PE offer distinctive

SPECIALIST PROVISION Years 4 and 5 access swimming and gymnastics at Altrincham Leisure Centre from Spring 2 through Summer, using specialist teaching, coaching and purpose-built facilities.	**SWIMMING & WATER SAFETY** Leaders track 25m competence/confidence/proficiency, effective use of a range of strokes and safe self-rescue. Outcomes inform further support and statutory reporting.	**ENRICHMENT & COMPETITION** Sports Days, cultural dance, curriculum-linked visits, extra-curricular clubs, weekly additional lunchtime activity, school teams, competitions, festivals and personal-best events extend the curriculum beyond lessons.
BRITISH VALUES & CHARACTER Democracy through voice and team decisions; rule of law through rules and officiating; individual liberty through challenge and choice; mutual respect through fair play, teamwork and inclusive competition.	**SUSTAINABILITY** Promote active habits and outdoor learning; care for and reuse equipment; consider durable lower-waste resources; use specialists to build staff expertise rather than dependency; evaluate investment for lasting capacity.	**SUBJECT LEADERSHIP** Triangulate PE Passport assessment, lesson visits, pupil voice, participation, swimming, competition, staff confidence and specialist provision. Review who participates and address barriers to equitable access.

13	**Inspection-Ready Evidence & End Point** A professional evidence map without creating unnecessary workload

CURRICULUM This overview • PE Passport units • progression • National Curriculum mapping	**TEACHING** Lesson visits • modelling • vocabulary • adaptive practice • pupil application
ASSESSMENT PE Passport judgements • questioning • performance • feedback • next steps	**INCLUSION** Adaptive practice • SEND support • participation analysis • pupil voice
SWIMMING Statutory outcome records • support/top-up decisions • Year 6 reporting	**ENRICHMENT** Club registers • additional lunchtime activity • team / competition records • Sports Days • cultural dance • curriculum-linked visits • leadership • personal best
SPECIALISTS Trafford Leisure arrangements • safeguarding • quality assurance • staff development	**CAREERS** Curriculum-linked roles • pathway cards • leadership • real-world connections
SUSTAINABILITY Capacity building • equipment stewardship • outdoor/active habits • premium impact	**GOVERNANCE** Subject monitoring • action planning • PE & Sport Premium report • oversight

BY THE END OF YEAR 6

Pupils leave Park Road Academy as increasingly competent, confident and reflective movers. They can apply and combine skills, make tactical decisions, participate safely, collaborate and compete respectfully, evaluate and improve performance, understand the contribution of physical activity to health, take responsibility and leadership, and recognise sport and movement as part of lifelong wellbeing, community participation and future aspiration.