



GATEWAY FEDERATION CURRICULUM PROGRESSION DOCUMENTS

Curriculum Subject Area		PE	
Date		May 2020	
In the Early Years. We have selected the Early Learning Goals that link most closely to the PE National Curriculum.			
ELG	Physical Development	Moving and handling	<ul style="list-style-type: none">Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
		Health and safe-care	<ul style="list-style-type: none">Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.
KS1 National Curriculum Expectations			KS2 National Curriculum Expectations
<p>Pupils should be taught to:</p> <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activitiesparticipate in team games, developing simple tactics for attacking and defendingperform dances using simple movement patterns.			<p>Pupils should be taught to:</p> <ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingdevelop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]perform dances using a range of movement patternstake part in outdoor and adventurous activity challenges both individually and within a teamcompare their performances with previous ones and demonstrate improvement to achieve their personal best.
<p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none">develop competence to excel in a broad range of physical activitiesare physically active for sustained periods of timeengage in competitive sports and activitieslead healthy, active lives.			



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PROGRESSION						
	KS1		Lower KS2		Upper KS2	
	Step 1	Step 2	Step 1	Step 2	Step 1	Step 2
Dance	Children enjoy moving their bodies with some control Travel on feet - walk, hop, skip, run, bounce	Children confidently create movement patterns Follow the leader - jumps, hops, skips Can link several movements together	Respond to a range of contrasting pulses and different rhythms. Revisit contrasting movement qualities. Include a dance with a partner Can link several movements together with control and co-ordination	Contrasting floor patterns. Create stepping patterns to music Introduce movement qualities which have similarities. Improvise freely with a partner translating ideas from stimuli to movement	Change from one rhythm to another. Abrupt transitions from one movement quality to another. Create a movement phrase, Respond to a variety of stimuli showing a range of actions performed with control and fluency	Mood Dancing/Based on a story Dance based upon a poem/eg Shipwreck Perform a variety of dance styles with accuracy and consistency Own production/Production
Team games	Throw and catch a ball Move into different positions before throwing Throw with a suitable underarm technique Move to try and intercept ball/beanbag. Change speed and direction.	Throw and catch a ball with a partner with increasing accuracy over a variety of distances Pass a ball accurately to a partner over a variety of distances, varying direction Change their approach in response to their opponent's actions Score game accurately	Throw at a target; receive with hands, feet and stick/racket. Select appropriate shots to hit the targets. Consistently get the ball near the target. Start to choose and use some tactics effectively. Create a scoring system. Use space well.	Travel with a ball showing control. Select equipment that they can all send, receive and travel with. Use a range of techniques to pass the ball. Play the ball away from their opponent. Apply rules consistently and fairly. Use simple practises to improve.	Travel with a ball showing changes of speed and directions using either hand or foot. Move to try to intercept the ball. Select different positions in the team. Agree on their own rules to suit the equipment. Pass, control, dribble and shoot effectively.	Dribble effectively around obstacles. Show precision and accuracy when sending and receiving. Apply principles of team play to keep possession. Make decisions quickly in games. Change rules and tactics as necessary. Explain the tactics that they have used.



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Gymnastics	Perform basic gymnastic actions like travelling, jumping and turning,	Perform basic gymnastic actions like travelling rolling and jumping Perform a variety of rolls.	Perform a variety of rolls with increasing control Find Special ways of travelling Find different ways to link pairs of actions. Slow some actions down to change dynamic.	Perform a competent forward roll, rug roll, shoulder roll Link actions fluently Different ways of performing certain actions. Explore a change of speed	Perform a range of rolls including backwards roll consistently Link three actions improving control and fluency Explore different ways of performing Link 3 actions slowing and repeating	Linking actions according to speed/Balance Linking actions according to symmetry Designing a performance/Formations Perform a range of rolls showing different entrances and exits.
Real PE Fundamentals of Movement: Static Balance 1 LEG	On both legs: 1. Stand still for 10 seconds.	On both legs: 1. Stand still for 30 seconds. 2. Complete 5 mini-squats.	On both legs: 1. Stand still for 30 seconds with eyes closed. 2. Complete 5 squats. 3. Complete 5 ankle extensions.			On both legs: 1. Stand still on uneven surface for 30 seconds. 2. Stand still on uneven surface for 30 seconds with eyes closed. 3. Complete 10 squats into ankle extensions. 4. Complete 5 squats with eyes closed.
Real PE Fundamentals of Movement: Static Balance SEATED BALANCE	1. Balance with both hands/ feet down. 2. Balance with 1 hand/ 2 feet down. 3. Balance with 2 hands/ 1 foot down. 4. Balance with 1 hand/ 1 foot down. 5. Balance with 1 hand or 1 foot down. 6. Balance with no hands or feet down.	1. Pick up a cone from one side, swap hands and place it on the other side. 2. Return the cone to the opposite side.	1. Pick up a cone from one side and place it on the other side with same hand. 2. Return it to the opposite side using the other hand. 3. Sit in a dish shape and hold it for 5 seconds.			1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions). 2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). 3. Hold a V-shape with straight arms and legs for 10 seconds.



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Real PE Fundamentals of Movement: Static Balance FLOORWORK	1. Hold mini-front support position. 2. Reach round and point to ceiling with either hand in mini-front support.	1. Place cone on back and take it off with other hand in mini-front support. 2. Hold mini-back support position. 3. Place cone on tummy and take it off with other hand in mini-back support.	1. Hold full front support position. 2. Lift 1 arm and point to the ceiling with either hand in front support. 3. Transfer cone on and off back in front support.	1. Transfer tennis ball on and off back in a front support. 2. Transfer cone on and off tummy in back support. 3. Transfer tennis ball on and off tummy in back support.
Real PE Fundamentals of Movement: Static Balance STANCE	1. Stand on line with good stance for 10 seconds.	1. Stand on low beam with good stance for 10 seconds.	1. Receive a small force from various angles. 2. Raise alternate feet 5 times. 3. Raise alternate knees 5 times. 4. Catch ball at chest height and throw it back.	1. Raise alternate knees to opposite elbow 5 times. 2. Catch large ball thrown at knee height and above head. 3. Catch large ball thrown away from body. 4. Catch small ball thrown close to and away from body.
Real PE Fundamentals of Movement: Dynamic Balance ON A LINE	1. Walk forwards with fluidity and minimum wobble. 2. Walk backwards with fluidity and minimum wobble.	1. Walk fluidly, lifting knees to 90°. 2. Walk fluidly, lifting heels to bottom.	1. March, lifting knees and elbows up to a 90° angle. 2. Walk fluidly with heel to toe landing. 3. Walk fluidly, lifting knees and using heel to toe landing. Walk fluidly, lifting heels to bottom and using heel to toe landing.	1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. 2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). 3. Lunge walk forwards, bringing opposite elbow up to a 90° angle. 4. Complete all red challenges with eyes closed.
Real PE Fundamentals of Movement: Dynamic Balance JUMPING & LANDING	1. Jump from 2 feet to 2 feet forwards, backwards and side-to-side.	1. Jump from 2 feet to 2 feet with quarter turn in both directions. 2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).	1. Jump from 2 feet to 2 feet with 180° turn in either direction. 2. Complete a tucked jump. 3. Complete a tucked jump with 180° turn in either direction.	1. Jump 2 feet to 2 feet forwards, backwards and side-to-side. 2. Hop forward and backwards, freezing on landing. 3. Jump 1 foot to other forwards and backwards, freezing on landing. 4. Hop sideways, raising knee and freezing on landing. 5. Jump 1 foot to other sideways, raising knee and freeze on landing.



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<p>Real PE Fundamentals of Movement: Counter Balance</p> <p>IN PAIRS</p>	<ol style="list-style-type: none"> 1. Sit holding hands with toes touching, lean in together then apart. 2. Sit holding 1 hand with toes touching, lean in together then apart. 3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side. 	<ol style="list-style-type: none"> 1. Hold on and, with a long base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together. 	<ol style="list-style-type: none"> 1. Hold on and, with a short base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. 3. Perform above challenges with eyes closed. 	<ol style="list-style-type: none"> 1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. 2. Stand on 1 leg while holding on to partner's opposite foot.
<p>Real PE Fundamentals of Movement: Coordination</p> <p>SENDING & RECEIVING</p>	<ol style="list-style-type: none"> 1. Roll large ball and collect the rebound. 2. Roll small ball and collect the rebound. 3. Throw large ball and catch the rebound with 2 hands. 	<ol style="list-style-type: none"> 1. Throw tennis ball, catch rebound with same hand after 1 bounce. 2. Throw tennis ball, catch rebound with same hand without a bounce. 3. Throw tennis ball, catch rebound with other hand after 1 bounce. 4. Throw tennis ball, catch rebound with other hand without a bounce. 5. Strike large, soft ball along ground with hand 5 times in a rally. 	<ol style="list-style-type: none"> 1. Strike a ball with alternate hands in a rally. 2. Kick a ball with the same foot. 3. Kick a ball with alternate feet Roll 2 balls alternately using both hands, sending 1 as the other is returning. 	<ol style="list-style-type: none"> 1. Alternately throw and catch 2 tennis balls against a wall. 2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 3. Throw 2 tennis balls against a wall in a circuit, in both directions.
<p>Real PE Fundamentals of Movement: Coordination</p> <p>BALL SKILLS</p>	<ol style="list-style-type: none"> 1. Sit and roll a ball along the floor around body using 2 hands. 2. Sit and roll a ball along the floor around body using 1 hand (right and left). 3. Sit and roll a ball down legs and around 	<ol style="list-style-type: none"> 1. Sit and roll a ball up and down legs and round upper body using 1 hand. 2. Stand and roll a ball up and down legs and round upper body using 1 hand. 	<p>In 20 seconds or less:</p> <ol style="list-style-type: none"> 1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). 2. Move a ball round waist 17 times. 3. Stand with legs apart and move a ball around alternate legs 16 times. 	<p>In 20 seconds or less:</p> <ol style="list-style-type: none"> 1. Stand with legs apart and move ball in figure of 8 around both legs 12 times. 2. Move ball around waist into figure of 8 around both legs 10 times. 3. Move ball around waist and then around alternate legs 12 times. 4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.



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	upper body using 2 hands. 4. Stand and roll a ball up and down legs and round upper body using 2 hands.			
Real PE Fundamentals of Movement: Coordination FOOTWORK	1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. Skip.	1. Combine side-steps with 180° front pivots off either foot. 2. Combine side-steps with 180° reverse pivots off either foot. 3. Skip with knee and opposite elbow at 90° angle. 4. Hopscotch forwards and backwards, hopping on the same leg (right and left).	1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forwards. 3. Move in a 3-step zigzag pattern backwards.	1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. 2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.
Real PE Fundamentals of Movement: Agility BALL CHASING	1. Roll a ball, chase and collect it in balanced position facing opposite direction. 2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.	1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. 2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.	1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 3. Complete above challenges with tennis ball.	1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. 2. Perform above challenge with tennis ball. 3. Roll and chase large ball, stopping it with head in front support position facing opposite direction.



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Real PE Fundamentals of Movement: Agility REACTION & RESPONSE	From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces. 2. React and catch large ball dropped from shoulder height after 1 bounce.	From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce.	From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.		From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.	
OAA			<ul style="list-style-type: none">• Arrive properly equipped for outdoor and adventurous activity.• Understand the need to show accomplishment in managing risks.• Show an ability to both lead and form part of a team.• Support others and seek support if required when the situation dictates.• Show resilience when plans do not work and initiative to try new ways of working.• Use maps, compasses and digital devices to orientate themselves.• Remain aware of changing conditions and change plans if necessary.		<ul style="list-style-type: none">• Select appropriate equipment for outdoor and adventurous activity.• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.• Embrace both leadership and team roles and gain the commitment and respect of a team.• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.• Remain positive even in the most challenging circumstances, rallying others if need be.• Use a range of devices in order to orientate themselves.• Quickly assess changing conditions and adapt plans to ensure safety comes first.	
Evaluating and improving performance	Describe and comment on their own and others actions: Can describe what they have done. Can watch others and say what they	They can talk about differences between their own and others' performance and suggest improvements	Assess their own performance identifying what they do well and what they find difficult. Make some simple suggestions on how individual and team	Describe and comment on their own performance and that of others and make simple suggestions to improve quality.	From observation of others, begin to describe constructively how to refine improve and modify performance. Refine own performance in response to comments	Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and



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	are doing.		performance might be improved.		of others' and self-analysis.	understanding
Knowledge and Understanding of Fitness and Health	Observe that the body becomes tired during exercise and vigorous exercise results in being out of breath.	Can describe how their bodies feel when still and when exercising. Can talk about how to exercise safely. They can understand how to exercise and describe how their bodies feel during different activities.	Know and understand the reasons for warming up. Compare and contrast breathing and heart rates when resting and exercising. Can play team games safely e.g. avoiding collisions or hitting other players.	Children suggest appropriate warm up ideas. Children dress appropriately for PE. Children work in a responsible and safe manner. Children recognise changes in body temperature, heart rate and breathing	Demonstrate activities for specific aspects of warm up - stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.	Can show responsibility for personal warm up programme specific to the activity. Demonstrate all round safe practice, including handling of equipment, safety of self and others, playing within accepted rules and conventions.
Overview	<ul style="list-style-type: none"> • Real PE • Gymnastics floor • Gymnastics apparatus • Dance • Mini Games • Swimming • Cricket 	<ul style="list-style-type: none"> • Real PE • Gymnastics floor • Gymnastics apparatus • Dance • Mini Games • Swimming • Cricket 	<ul style="list-style-type: none"> • Real PE • Gymnastics • Dance • Tennis • Cricket • Athletics • Rounders • Swimming 	<ul style="list-style-type: none"> • Real PE • Gymnastics • Swimming • Dance • Cricket • Athletics • Tennis • Rounders • Hockey 	<ul style="list-style-type: none"> • Real PE • Gymnastics • Netball • Tag Rugby • Dance • Hockey • Cricket • Athletics • Tennis • Swimming 	<ul style="list-style-type: none"> • Real PE • Netball • Gymnastics • Football • Tag Rugby • Cricket • Athletics • Rounders • Tennis • Hockey



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Vocabulary to be used, learnt, built on and revisited at this level.	Travel Stillness Direction Space Body parts Levels Speed Sequence. Repeat Perform Patterns co-ordination defence tactics underarm overarm release agility attack Balance Equipment. Shapes Sequence Repeat Patterns Control	Space Repetition Action and reaction Pattern Choreograph Unison Partner Structure Opposition Control Possession Criteria Evaluate Combination Control	Dance style Technique Pattern Rhythm Variation Unison Canon Action Pace Timing Interpretation Improvisation Reaction Motifs Forehand Backhand Defending Attacking Dribble Shoot Pass Co-ordination (hand eye) Transitions Perform Balance Flexibility Timing
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