

PE - Athletics

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness			1. Recognise and describe the effects of exercise on the body.	1. Describe how the body reacts at different times and how this affects performance.		1. Understand why exercise is good for health, fitness and wellbeing.
			2. Know the importance of strength and flexibility for physical activity.			
					1. Explain some safety principles when preparing for and during exercise.	
			3. Explain why it is important to warm up and cool down.	2. Know some reasons for warming up and cooling down.	2. Know and understand the reasons for warming up and cooling down.	2. Carry out warm-ups and cool-downs safely and effectively.
				3. Explain why exercise is good for your health.		3. Understand the importance of warming up and cooling down.
						4. Know ways they can become healthier.
Running			4. Identify and demonstrate how different techniques can affect their performance.	4. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.	3. Accelerate from a variety of starting positions and select their preferred position.	5. Work as a team to competitively perform a relay.
			5. Focus on their arm and leg action to improve their sprinting technique.	5. Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish.	4. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.	6. Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish.
			6. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles.			7. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.
			7. Understand the importance of adjusting running pace to suit the distance being run.		5. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.	8. Accelerate to pass other competitors. Confidently and independently select the most appropriate pace for different distances and different parts of the run.

					6. Identify and demonstrate stamina, explaining its importance for runners.	9. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.
Jumping			8. Use one and two feet to take off and to land with.	6. Learn how to combine a hop, step and jump to perform the standing triple jump.	7. Perform the standing triple jump with increased confidence.	10. Maintain control at each of the different stages of the triple jump.
			9. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump.	7. Begin to measure the distance jumped.	8. Perform an effective standing long jump. Measure the distance and height jumped with accuracy. Investigate different jumping techniques.	11. Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
					9. Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.	12. Develop the technique for the standing vertical jump.
					10. Improve techniques for jumping for distance.	13. 1Develop and improve their techniques for jumping for height and distance and support others in improving their performance.
						14. Perform and apply different types of jumps in other contexts.
				10. Land safely and with control.	8. Land safely and with control.	11. Land safely and with control.
Throwing			11. Throw with greater control and accuracy. Show increasing control in their overarm throw.		12. Throw a variety of implements using a range of throwing techniques.	16. Develop and refine techniques to throw for accuracy.
			12. 1Perform a push throw.	9. Perform a pull throw.	13. Perform a fling throw.	17. Perform a heave throw.
			13. Continue to develop techniques to throw for increased distance.	10. Continue to develop techniques to throw for increased distance.	14. Continue to develop techniques to throw for increased distance.	18. Continue to develop techniques to throw for increased distance and support others in improving their personal best.
				11. Measure the distance of their throws.	15. Measure and record the distance of their throws.	19. Measure and record the distance of their throws.
Compete/ Perform			14. Perform learnt skills and techniques with control and confidence.	12. Perform and apply skills and techniques with control and accuracy.	16. Consistently perform and apply skills and techniques with accuracy and control.	20. Perform and apply a variety of skills and techniques confidently, consistently and with precision.

			15. Compete against self and others in a controlled manner.	13. Take part in a range of competitive games and activities.	17. Take part in competitive games with a strong understanding of tactics and composition.	21. Take part in competitive games with a strong understanding of tactics and composition.
Evaluate			16. Watch, describe and evaluate the effectiveness of a performance.	14. Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	18. Choose and use criteria to evaluate own and others' performance.	22. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
			17. Describe how their performance has improved over time.	15. Modify their use of skills or techniques to achieve a better result.	19. Explain why they have used particular skills or techniques, and the effect they have had on their performance.	