



PE ~ Athletics Progression Overview

EYFS includes Nursery and Reception

KS1 and KS2 operate two cycles: **Cycle A** and **Cycle B**.

Knowledge NC L. Obs	EYFS	Y1/2	Y3/4	Y5/6
Learning outcomes	<ul style="list-style-type: none"> * Run in different directions * Control the body as running * Jump in different ways – 2:2 foot / 1-2 foot / 1-2 foot (hop) / 1-1 foot (step) * Jump/step over low barriers * Develop throwing action throw rolling * Throw underarm to a target 	<p>Year 1 Spring 1 Year 1 Autumn 1</p> <ul style="list-style-type: none"> * Develop fundamental movements * Run in different directions * Be aware of space and other people * Change speed and direction as needed * Be able to jump / step over small barriers and obstacles <p>Year 1 Summer 1&2 Year 1 Summer 1&2</p> <ul style="list-style-type: none"> * Be able to run in a straight line * Run co-ordinating arms and legs * Perform different types of jumps safely * Balance items while moving * Begin to throw objects at a target <p>Year 2 Autumn 1 Year 2 Autumn 1</p> <ul style="list-style-type: none"> * Develop co-ordination and movement 	<p>Year 3 Summer 1 Year 3 summer 1</p> <ul style="list-style-type: none"> * Understand the importance of adjusting running pace to suit the distance being * Be able to run at different speeds * Be able to pace and sustain effort over longer periods of time (up to 3 minutes) * Be able to set realistic targets linked to running * Be able to throw overarm and underarm * Understand how to best throw for distance * Be able to complete a range of jumps including 2:2 feet, 1:1 foot (hop) 1:2 feet * Be able to combine some jumps together smoothly <p>Year 4 Autumn 2 Year 4 Autumn 1</p> <ul style="list-style-type: none"> * Develop co-ordination, speed and agility * Be able to change speed and direction effectively while moving * Be able to move, run, step in different directions 	<p>Year 5 Autumn 1 Year 5 Autumn 1</p> <ul style="list-style-type: none"> * Continue to develop speed, agility and co-ordination * Be able to run, move over a range of obstacles, equipment with fluency * Be able to Perform an effective standing long jump. * Be able to Jump for speed, distance and height * Be able to Perform the standing triple jump with increased confidence. * Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. * Be able to land safely and with control. <p>Year 5 Summer 2 Year 5 Summer 1</p> <ul style="list-style-type: none"> * Run smoothly at different speeds * Choose/control pace linked to distance * Run continuously for at least 5 minutes



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		<ul style="list-style-type: none"> * Run over, through obstacles, hurdles, ladders etc * Be able to jump over small obstacles * Change speed and direction * Be able to jump in different ways * Show control and balance when jumping <p>Year 2 Summer 1&2 Year 2 Summer 1&2</p> <ul style="list-style-type: none"> * Be able to run for 1 minute * Run in a straight line * Run co-ordinating arms and legs * Run at different speeds – jog, run, sprint * Be able to perform different types of jumps: 2:2 feet, 2:1foot, 1:1 foot (hop), 1:1 foot (step) 1:2 feet * Be able to combine different jumps together * Be able to throw a small ball overarm and underarm * Be able to throw balls/bean bags at a target * Know which type of throw is best for distance / accuracy 	<ul style="list-style-type: none"> * Jump, step over obstacles while moving * Develop jumping for speed * Begin to be able to jump for distance, speed and height <p>Year 4 Summer 1 Year 4 Summer 1</p> <ul style="list-style-type: none"> * Run smoothly at different speeds * Be able to run at different paces and choose appropriate pace for different distances * Set realistic targets of times to achieve over a short and longer distance * Be able to run for at least 3 minutes continuously * Be able to pass a 'baton' while running * Perform different jumps * Combine different jumps together * Be able to throw a range of equipment * Throw overarm, underarm and perform a push * Throw for distance 	<ul style="list-style-type: none"> * Run, as a team, exchanging 'baton' * Continue to develop techniques to throw for increased distance and support others in improving their personal best. * Throw a variety of implements using a range of throwing techniques including a fling throw * Perform a standing long jump * Begin to 'jump' over hurdles <p>Year 6 Summer 1&2 Year 6 Summer 1&2</p> <ul style="list-style-type: none"> * Run smoothly at different speeds * Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run * Run continuously for more than 5 minutes * Identify and demonstrate stamina, explaining its importance for runners * Set realistic targets for self, of times to achieve over a short and longer distance * Accelerate from a variety of starting positions and select their preferred position. * Run over hurdles with fluency, focusing on the lead leg technique * Work as a team to competitively perform a relay. * Understand the importance of warming up * Be able to perform different throws using a range of equipment * Demonstrate a range of jumps showing power and control and consistency at both take-off and landing * Set realistic targets for self, when jumping for distance for or height
Skills	Run in different ways – slowly, quickly	Run varying pace / speed Change direction as running Run continuously for at least 1 minute	Run smoothly at different speeds Choose and control pace depending on distance Run continuously for at least 3 minutes Run, as part of a team, exchanging 'baton'	.
Jumping	Jump in a range of ways, landing safely. Over a small barrier	Jump 5 basic ways with control: 2-2 / 2-1 / 1-1 (hop) / 1-1 (step) / 1-2 Combine two different jumps together Jump over obstacles	Jump 5 basic ways with control: 2-2 / 2-1 / 1-1 (hop) / 1-1 (step) / 1-2 Combine different jumps together (Hop, Step, jump)	Jump 5 basic ways with control: 2-2 / 2-1 / 1-1 (hop) / 1-1 (step) / 1-2 Combine different jumps together Jump over hurdles



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<p>Throwing</p>	<p>Rolling Underarm. At / Onto a target. Balls / Beanbags</p>	<p>Rolling Underarm Overarm At / Onto and into targets Balls / Beanbags / Javelin</p>	<p>Jump over obstacles Rolling Underarm Overarm Pushing At / Onto and into targets Balls / Beanbags / 'medicine' ball / Shot put / Javelin</p>	<p>Rolling Underarm Overarm Pushing Slinging At / Onto and into targets Balls / Beanbags / 'medicine' ball / Shot put / Javelin / Discus</p>
<p>Vocab</p>	<p>Run Jump Throw Roll</p>	<p>Run Change direction Speed / Pace: Fast /Medium/Slow Direction: Forwards / Backwards / Sideways Jump Hop Step Roll Throw Target Accuracy Overarm Underarm Aim Balance</p>	<p>Run Sprint Jog Stamina Change direction Speed / Pace: Fast /Medium/Slow Direction: Forwards / Backwards / Sideways Relay Baton Laps Jump Hop Step Technique Throw Roll Push Target Accuracy Overarm Underarm Aim Balance</p>	<p>Run Sprint Jog Stride Stamina Change direction Speed / Pace: Fast /Medium/Slow Direction: Forwards / Backwards / Sideways Relay Baton Laps Jump Hop Step Technique Throw Roll Push Sling Target Accuracy Overarm Underarm Aim</p>