

PE ~ Athletics Progression Overview

EYFS includes Nursery and Reception

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

Knowledge	EYFS	Y1/2	Y3/4	Y5/6
NC L. Obs	The main Early Years Outcomes covered in the Athletics units are: * Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&H 40-60) * Children show good control and coordination in large and small movements. (PD – M&H ELG) * Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&H 40-60) * Experiments with different ways of moving. (PD M&H 40-60) * They move confidently in a range of ways, safely negotiating space. (PD M&H ELG)	Pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They begin to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils are taught to: * master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;	Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils are taught to: * use running, jumping, throwing and catching in isolation and in combination; * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; * compare their performances	Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils are taught to: * use running, jumping, throwing and catching in isolation and in combination; * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; * compare their performances
Learning outcomes	* 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	Year 1 Spring 1 Year 1 Autumn 1 * 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 Year 1 Summer 1&2 Year 1 Summer 1&2 * 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 Year 2 Autumn 1 Year 2 Autumn 1 * Develop co-ordination and movement	Year 3 Summer 1 Year 3 summer 1 * 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 Year 4 Autumn 2 Year 4 Autumn 1 * 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	Year 5 Autumn 1 Year 5 Autumn 1 * Continue to develop speed, agility and coordination * 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. Year 5 Summer 2 Year 5 Summer 1 * Run smoothly at different speeds * Choose/control pace linked to distance * Run continuously for at least 5 minutes



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		* Run over, through obstacles, hurdles,	* Jump, step over obstacles while moving	* Run, as a team, exchanging 'baton'
		ladders etc	* Develop jumping for speed	* Continue to develop techniques to throw
		* Be able to jump over small obstacles	* Begin to be able to jump for distance,	for increased distance and support others in
		* Change speed and direction	speed and height	improving their personal best.
		* Be able to jump in different ways		* Throw a variety of implements using a
		* Show control and balance when jumping	Year 4 Summer 1 Year 4 Summer 1	range of throwing techniques including a
			* Run smoothly at different speeds	fling throw
			* Be able to run at different paces and	* Perform a standing long jump
		Year 2 Summer 1&2 Year 2 Summer 1&2	choose appropriate pace for different	* Begin to 'jump' over hurdles
		* Be able to run for 1 minute	distances	Year 6 Summer 1&2 Year 6 Summer 1&2
		* Run in a straight line	* Set realistic targets of times to achieve	* Run smoothly at different speeds
		* Run co-ordinating arms and legs	over a short and longer distance	* Select the most suitable pace for the
			* Be able to run for at least 3 minutes	distance and their fitness level in order to
		* Run at different speeds – jog, run, sprint * Be able to perform different types of	continuously	maintain a sustained run
			* Be able to pass a 'baton' while running	* Run continuously for more than 5 minutes
		jumps: 2:2 feet, 2:1 foot, 1:1 foot (hop), 1:1	* Perform different jumps	* Identify and demonstrate stamina,
		foot (step) 1:2 feet	* Combine different jumps together	explaining its importance for runners
		* Be able to combine different jumps	* Be able to throw a range of equipment	* Set realistic targets for self, of times to
		together	* Throw overarm, underarm and perform a	achieve over a short and longer distance
		* Be able to throw a small ball overarm and	push	* Accelerate from a variety of starting
		underarm	* Throw for distance	positions and select their preferred position.
		* Be able to throw balls/bean bags at a target	* Throw for distance	
		* Know which type of throw is best for		* Run over hurdles with fluency, focusing
		distance / accuracy		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	Run smoothly at different speeds	
NAME OF THE PARTY		Change direction as running	Choose and control pace depending on	
-		Run continuously for at least 1 minute	distance	
Running			Run continuously for at least 3 minutes	
0			Run, as part of a team, exchanging	
			'baton'	
Jumping	Jump in a range of ways, landing safely.	Jump 5 basic ways with control: 2-2 / 2-1 /	Jump 5 basic ways with control: 2-2 / 2-1 /	Jump 5 basic ways with control: 2-2 / 2-1 /
oumping	Over a small barrier	1-1 (hop) / 1-1 (step) / 1-2	1-1 (hop) / 1-1 (step) / 1-2	1-1 (hop) / 1-1 (step) / 1-2
		Combine two different jumps together	Combine different jumps together (Hop,	Combine different jumps together
		Jump over obstacles	Step, jump)	Jump over hurdles



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