

PE - Athletics

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness	Describe how the body feels when still and when exercising.	1.Describe how the body feels before, during and after exercise.	1.Recognise and describe how the body feels during and after different physical activities.	Recognise and describe the effects of exercise on the body.	Describe how the body reacts at different times and how this affects performance.		Understand why exercise is good for health, fitness and wellbeing.
		2.Carry and place equipment safely.	2.Explain what they need to stay healthy.	Know the importance of strength and flexibility for physical activity.			
						Explain some safety principles when preparing for and during exercise.	
				Explain why it is important to warm up and cool down.	Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down.	Carry out warm-ups and cool-downs safely and effectively.
							Understand the importance of warming up and cooling down.
					Explain why exercise is good for your health.		Know ways they can become healthier.
Running	Run in different ways for a variety of purposes.	3.Vary their pace and speed when running.	3.Run at different paces, describing the different paces.	Identify and demonstrate how different techniques can affect their performance.	Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.	Accelerate from a variety of starting positions and select their preferred position.	Work as a team to competitively perform a relay.
		4.Run with basic technique over different distances. 5.Show good posture and balance.	4.Use a variety of different stride lengths. 5.Travel at different speeds. 6.Begin to select the most suitable pace and speed for distance.	Focus on their arm and leg action to improve their sprinting technique.	Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish.	Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.	Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish.
		6.Jog in a straight line 7.Change direction when jogging.	7.Complete an obstacle course. 8.Vary the speed and direction in which they are travelling.	Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles.			Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.

		8.Sprint in a straight line. 9.Change direction when sprinting, 10.Maintain control as they change direction when jogging or sprinting.	9.Run with basic techniques following a curved line. 10.Be able to maintain and control a run over different distances.	Understand the importance of adjusting running pace to suit the distance being run.		Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.	Accelerate to pass other competitors. Confidently and independently select the most appropriate pace for different distances and different parts of the run.
						Identify and demonstrate stamina, explaining its importance for runners.	Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.
Jumping	Jump in a range of ways, landing safely.	11.Perform different types of jumps; for example, two feet to two feet two feet to one foot, one foot to same foot or one foot to opposite foot.	11.Perform and compare different types of jumps; for example two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.	Use one and two feet to take off and to land with.	Learn how to combine a hop, step and jump to perform the standing triple jump.	Perform the standing triple jump with increased confidence.	Maintain control at each of the different stages of the triple jump.
		12. Perform a short jumping sequence.	12.Combine different jumps together with some fluency and control.	Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump.	Begin to measure the distance jumped.	Perform an effective standing long jump. Measure the distance and height jumped with accuracy. Investigate different jumping techniques.	Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
		13.Jump as high as possible.	13.Jump for distance from a standing position with accuracy and control.			Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.	Develop the technique for the standing vertical jump.
		14.Jump as far as possible.	14.Investigate the best jumps to cover different distances.			Improve techniques for jumping for distance.	Develop and improve their techniques for jumping for height and distance and support others in improving their performance.
		15.Land safely and with control.	15.Choose the most appropriate jumps to cover different distances.				Perform and apply different types of jumps in other contexts.
		16.Work with a partner to develop the control of their jumps.	16.Know that the leg muscles are used when performing a jumping action.	Land safely and with control.	Land safely and with control.	Land safely and with control.	Land safely and with control.
Throwing	Roll equipment in different ways.	17.Throw underarm and overarm.		Throw with greater control and accuracy. Show increasing control in their overarm throw.		Throw a variety of implements using a range of throwing techniques.	Develop and refine techniques to throw for accuracy.
	Throw underarm	18.Throw a ball towards a target with increasing accuracy.	17.Throw different types of equipment in different ways, for accuracy and distance.				
	Throw an object at a target.	19.Improve the distance they can throw by using more power.	18.Throw with accuracy at targets of different heights.	Perform a push throw.	Perform a pull throw.	Perform a fling throw.	Perform a heave throw.

			19. Investigate ways to alter their throwing technique to achieve greater distance.	Continue to develop techniques to throw for increased distance.	Continue to develop techniques to throw for increased distance.	Continue to develop techniques to throw for increased distance.	Continue to develop techniques to throw for increased distance and support others in improving their personal best.
					Measure the distance of their throws.	Measure and record the distance of their throws.	Measure and record the distance of their throws.
Compete/ Perform	Control their body when performing a sequence of movements.	20. Begin to perform learnt skills with some control.	20. Perform learnt skills with increasing control.	Perform learnt skills and techniques with control and confidence.	Perform and apply skills and techniques with control and accuracy.	Consistently perform and apply skills and techniques with accuracy and control.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.
	Participate in simple games.	21. Engage in competitive activities and team games.	21. Compete against self and others.	Compete against self and others in a controlled manner.	Take part in a range of competitive games and activities.	Take part in competitive games with a strong understanding of tactics and composition.	Take part in competitive games with a strong understanding of tactics and composition.
Evaluate	Talk about what they have done.	22. Watch and describe performances.	22. Watch and describe performances and use what they see to improve their own performance.	Watch, describe and evaluate the effectiveness of a performance.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	Choose and use criteria to evaluate own and others' performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
	Talk about what others have done.	23. Begin to say how they could improve.	23. Talk about the differences between their work and that of others.	Describe how their performance has improved over time.	Modify their use of skills or techniques to achieve a better result.	Explain why they have used particular skills or techniques, and the effect they have had on their performance.	