

Curriculum Skills and Progression Map

Physical Education – Athletics



Key Concepts:

Teamwork

Determination

Self-Belief

Passion

Honesty

Respect

Curriculum Skills and Progression Map

Organisation of knowledge	Running	Jumping	Throwing
Relevant ELG	<p>ELG: Gross motor skills</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing <p>ELG: Fine motor skills</p> <ul style="list-style-type: none"> - Use a range of small tools, including scissors, paint brushes and cutlery <p>ELG: Self-regulation</p> <ul style="list-style-type: none"> - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate <p>ELG: Managing self</p> <ul style="list-style-type: none"> - Explain the reasons for rules, know right from wrong and try to behave accordingly <p>ELG: Building relationships</p> <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others 		
Vocabulary	See Appendix 1		
KS1 readiness objectives	<ul style="list-style-type: none"> • To develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education. • To use their core muscle strength to achieve a good posture. • To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • To negotiate space and obstacles safely, with consideration for themselves and others. • To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. 		

Curriculum Skills and Progression Map

Programmes of study Year 1	Pupils should be taught to: <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 activities 		
Organisation	Running	Jumping	Throwing
Progression objectives	<ul style="list-style-type: none"> - explore running at different speeds - understand that if I swing my arms it will help me to run faster. 	<ul style="list-style-type: none"> - Develop balance whilst jumping and landing. - Explore hopping, jumping and leaping for distance - Know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further. 	<ul style="list-style-type: none"> - Explore throwing for distance and accuracy - know that stepping forward with my opposite foot to hand will help me to throw further.
Assessment opportunities	<p>To learn to move at different speeds for varying distances</p> <p>To develop a foundation for balance and stability</p> <p>To develop agility and co-ordination</p> <p>To explore hopping, jumping and leaping for distance</p> <p>To develop throwing for distance</p> <p>To develop throwing for accuracy</p>		
Vocabulary	See Appendix 1		

Curriculum Skills and Progression Map

Programmes of study Year 2	Pupils should be taught to: <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 activities 		
Organisation	Running	Jumping	Throwing
Progression objectives	<ul style="list-style-type: none"> - develop the sprinting action. - know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. 	<ul style="list-style-type: none"> - develop jumping, hopping and skipping actions. - Explore safely jumping for distance and height. - know that swinging my arms forwards will help me to jump further 	<ul style="list-style-type: none"> - Develop overarm throwing for distance. - Know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object
Assessment opportunities	To develop the sprinting action To develop jumping for distance To develop technique when jumping for height To develop throwing for distance To develop throwing for accuracy To develop technique when taking part in an athletics carousel		
Vocabulary	See Appendix 1		

Curriculum Skills and Progression Map

<p>Programmes of study</p> <p>Year 3</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> - 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 with previous ones and demonstrate improvement to achieve their personal best 		
<p>Organisation</p>	<p>Running</p>	<p>Jumping</p>	<p>Throwing</p>
<p>Progression objectives</p>	<ul style="list-style-type: none"> - Develop the sprinting technique and apply it to relay events. - understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down 	<ul style="list-style-type: none"> - Develop technique when jumping for distance in a range of approaches and take off positions. - know that if I jump and land in quick succession, the momentum will help me to jump further. 	<ul style="list-style-type: none"> - Explore the technique for a pull throw. - understand that the speed of the movement helps to create power.
<p>Assessment opportunities</p>	<p>To develop the sprinting technique and improve on your personal best</p> <p>To develop changeover in relay events</p> <p>To develop jumping technique in a range of approaches and take off positions</p> <p>To develop throwing for distance and accuracy</p> <p>To develop throwing for distance in a pull throw</p> <p>To develop officiating and performing skills</p>		
<p>Vocabulary</p>	<p>See Appendix 1</p>		

<p>Programmes of study</p> <p>Year 4</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> - 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 with previous ones and demonstrate improvement to achieve their personal best 		
<p>Organisation</p>	<p>Running</p>	<p>Jumping</p>	<p>Throwing</p>
<p>Progression objectives</p>	<ul style="list-style-type: none"> - Develop an understanding of speed and pace in relation to distance. - Develop power and speed in the sprinting technique. - understand that I need to pace myself when running further or for a long period of time. - Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. 	<ul style="list-style-type: none"> - Develop technique when jumping for distance. - understand that transferring weight will help me to jump further 	<ul style="list-style-type: none"> - Explore power and technique when throwing for distance in a pull and heave throw. - understand that transferring weight will help me to throw further.
<p>Assessment opportunities</p>	<p>To develop stamina and an understanding of speed and pace in relation to distance</p> <p>To develop power and speed in the sprinting technique</p> <p>To develop technique when jumping for distance</p> <p>To develop power and technique when throwing for distance</p> <p>To develop a pull throw for distance and accuracy</p> <p>To develop officiating and performing skills</p>		
<p>Vocabulary</p>	<p>See Appendix 1</p>		

<p>Programmes of study Year 5</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> - 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 with previous ones and demonstrate improvement to achieve their personal best 		
<p>Organisation</p>	<p>Running</p>	<p>Jumping</p>	<p>Throwing</p>
<p>Progression objectives</p>	<ul style="list-style-type: none"> - Apply fluency and co-ordination when running for speed in relay changeovers. - Effectively apply speeds appropriate for the event - Understand that taking big consistent strides will help to create a rhythm that allows me to run faster. - Understand that keeping a steady breath will help me when running longer distances. 	<ul style="list-style-type: none"> - Explore technique and rhythm in the triple jump - Know that if I drive my knees high and fast I can build power and therefore distance in my jumps. 	<ul style="list-style-type: none"> - Develop technique and power in javelin and shot put. - know how to transfer my weight in different throws to increase the distance.
<p>Assessment opportunities</p>	<p>To be able to apply different speeds over varying distances To develop fluency and co-ordination when running for speed To develop technique in relay changeovers To develop technique and co-ordination in the triple jump To develop throwing with force for longer distances To develop throwing with greater control and technique</p>		
<p>Vocabulary</p>	<p>See Appendix 1</p>		

<p>Programmes of study Year 6</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> - 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 with previous ones and demonstrate improvement to achieve their personal best 		
<p>Organisation</p>	<p>Running</p>	<p>Jumping</p>	<p>Throwing</p>
<p>Progression objectives</p>	<ul style="list-style-type: none"> - Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique - understand that I need to prepare my body for running and know the muscle groups I will need to use. 	<ul style="list-style-type: none"> - Develop power, control and technique in the triple jump - understand that a run up builds speed and power and enables me to jump further. 	<ul style="list-style-type: none"> - Develop power, control and technique when throwing discus and shot put. - understand that I need to prepare my body for throwing and know the muscle groups I will need to use
<p>Assessment opportunities</p>	<p>To work collaboratively with a partner to set a steady pace To develop your own and others sprinting technique To develop power, control and technique for the triple jump To develop power, control and technique when throwing for distance To develop throwing with force and accuracy for longer distances To work collaboratively in a team to develop the officiating skills of measuring, timing and recording</p>		
<p>Vocabulary</p>	<p>See Appendix 1</p>		

Appendix 1

