

Athletics progression of skills

Early Years Outcomes:

The main Early Years Outcomes covered in the Athletics units are:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, hopping, walking, skipping, jumping, climbing.
- Develop overall body strength, balance, coordination and agility.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

KS1 National Curriculum Aims:

Pupils should 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be 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;
- participate in team games, developing simple tactics for attacking and defending.

KS2 National Curriculum Aims:

Pupils should 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination;
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending;
- 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.

Athletics progression of skills

FS and Key Stage 1

Foundation	Year 1	Year 2
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Health and fitness

I can describe how the body feels when still and when exercising.

I can describe how the body feels before, during and after exercise.

I can carry and place equipment safely.

I can recognise and describe how the body feels during and after different physical activities.

I can explain what I need to stay healthy.

Running

I can run in different ways for a variety of purposes.

I can change my pace and speed when running.

I can run with a basic technique over different distances.

I can show good posture and balance.

I can jog in a straight line.

I can change direction when jogging.

I can sprint in a straight line.

I can change direction when sprinting.

I can maintain control as I change direction when jogging or sprinting.

I can identify and demonstrate how different techniques can affect my performance.

I can focus on my arm and leg action to improve my sprinting technique.

I can begin to combine running with jumping over hurdles.

I can focus on trail leg and lead leg action when running over hurdles.

I can understand the importance of adjusting running pace to suit the distance being run.

Athletics progression of skills

Jumping

I can jump in a range of ways and land safely.

I can 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.).

I can perform a short jumping sequence.

I can jump as high as possible.

I can jump as far as possible.

I can land safely and with control.

I can work with a partner to develop the control of my jumps.

I can 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.).

I can combine different jumps together with some fluency and control.

I can jump for distance from a standing position with accuracy and control.

I can investigate the best jumps to cover different distances.

I can choose the most appropriate jumps to cover different distances.

I can understand that the leg muscles are used when performing a jumping action.

Throwing

I can roll equipment in different ways.

I can throw underarm.

I can throw an object at a target.

I can throw underarm and overarm.

I can throw a ball towards a target with increasing accuracy.

I can throw different types of equipment in different ways, for accuracy and distance.

I can throw with accuracy at targets of

Athletics progression of skills

I can improve the distance I can throw by using more power.

different heights.

I can investigate ways to alter my throwing technique to achieve greater distance.

Compete/Perform and evaluate

I can control my body when performing a sequence of movements.

I can perform learnt skills with some control.

I can perform learnt skills with increasing control.

I can participate in simple games.

I can engage in competitive activities and team games.

I can compete against myself and others.

Evaluate: Talk about what they have done. Talk about what others have done.

Evaluate: Watch and describe performances. Begin to say how they (and others) could improve.

Evaluate: Watch and describe performances, and use what they see to improve their own performance.

Talk about the differences between their work and that of others.

Athletics progression of skills



Lower Key Stage 2

Year 3

Year 4

Health and fitness

I can recognise and describe the effects of exercise on the body.

I can understand the importance of strength and flexibility for physical activity.

I can explain why it is important to warm up and cool down.

I can describe how the body reacts at different times and how this affects performance.

I can explain why exercise is good for my health.

I can understand some reasons for warming up and cooling down.

Running

I can identify and demonstrate how different techniques can affect my performance.

I can focus on my arm and leg action to improve my sprinting technique.

I can begin to combine running with jumping over hurdles.

I can focus on trail leg and lead leg action when running over hurdles.

I can understand the importance of adjusting running pace to

I can confidently demonstrate an improved technique for sprinting.

I can carry out an effective sprint finish.

I can perform a relay, focusing on the baton changeover technique.

I can speed up and slow down smoothly.

I can begin to combine running with jumping over hurdles.

Athletics progression of skills



suit the distance being run.

Jumping

I can use one and two feet to take off and to land with.

I can develop an effective take-off for the standing long jump.

I can develop an effective flight phase for the standing long jump.

I can land safely and with control.

I can learn how to combine a hop, step and jump to perform the standing triple jump.

I can land safely and with control.

I can begin to measure the distance jumped.

Throwing

I can throw with greater control and accuracy.

I can show increasing control in my overarm throw.

I can perform a push throw.

([youtube.com/watch?v=VzpkwiXKV6E](https://www.youtube.com/watch?v=VzpkwiXKV6E))

I can continue to develop techniques to throw for increased distance.

I can perform a pull throw.

(<https://www.youtube.com/watch?v=k6XibY8fqmE>)

I can measure the distance of my throws.

I can continue to develop techniques to throw for increased distance.

Athletics progression of skills



Compete/Perform and evaluate

I can perform learnt skills and techniques with control and confidence.

I can compete against self and others in a controlled manner.

Evaluate: Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.

I can perform and apply skills and techniques with control and accuracy.

I can take part in a range of competitive games and activities.

Evaluate: Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.

Athletics progression of skills



Upper Key Stage 2

Year 5

Year 6

Health and fitness

I can understand the reasons for warming up and cooling down and know why it is important.

I can explain some safety principles when preparing for and during exercise.

I can understand the importance of warming up and cooling down.

I can carry out warm-ups and cool-downs safely and effectively.

I can understand why exercise is good for health, fitness and wellbeing.

I understand and explain ways I can become healthier.

Running

I can accelerate from a variety of starting positions and select my preferred position.

I can identify my reaction times when performing a sprint start.

I can continue to practise and refine my technique for sprinting, focusing on an effective sprint start.

I can select the most suitable pace for the distance and my fitness level in order to maintain a sustained run.

I can recap, practise and refine an effective sprinting technique, including reaction time.

I can build up speed quickly for a sprint finish.

I can run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.

I can accelerate to pass other competitors.

I can work as a team to competitively perform a relay.

Athletics progression of skills

I can identify and demonstrate stamina, explaining its importance for runners.

I can confidently and independently select the most appropriate pace for different distances and different parts of the run.

I can demonstrate endurance and stamina over longer distances in order to maintain a sustained run.

Jumping

I can improve techniques for jumping for distance.

I can perform an effective standing long jump.

I can perform the standing triple jump with increased confidence.
(<https://www.youtube.com/watch?v=idm5DuQqf7I>)

I can develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.

I can land safely and with control.

I can measure the distance and height jumped with accuracy.

I can investigate different jumping techniques.

I can develop the technique for the standing vertical jump.
(<https://www.youtube.com/watch?v=H66wWj3I1-k>)

I can maintain control at each of the different stages of the triple jump.

I can land safely and with control.

I can develop and improve my techniques for jumping for height and distance and support others in improving their performance.

I can perform and apply different types of jumps in other contexts.

I can set up and lead jumping activities including measuring the jumps with confidence and accuracy.

Throwing

I can perform a fling throw.

I can throw a variety of implements using a range of throwing techniques.

I can perform a heave throw.

I can measure and record the distance of my throws.

I can continue to develop techniques to throw for increased

Athletics progression of skills



I can measure and record the distance of my throws.

I can continue to develop techniques to throw for increased distance.

distance and support others in improving their personal best.

I can develop and refine techniques to throw for accuracy.

Compete/Perform and evaluate

I can consistently perform and apply skills and techniques with accuracy and control.

I can take part in competitive games with a strong understanding of tactics and composition.

Evaluate: Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance.

I can perform and apply a variety of skills and techniques confidently, consistently and with precision.

I can take part in competitive games with a strong understanding of tactics and composition.

Evaluate: Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.