



PE KNOWLEDGE & SKILLS PROGRESSION - ATHLETICS

YEAR 4

Running

I confidently demonstrate an improved technique for sprinting.
I can carry out an effective sprint finish.

I perform a relay, focusing on the baton changeover technique.
I can speed up and slow down smoothly.

Jumping

I am learning how to combine a hop, step and jump to perform the standing triple jump.
I can land safely and with control.
I am beginning to measure the distance jumped.

Throwing

I can perform a pull throw.
I measure the distance of my throws.
I am continuing to develop techniques to throw for increased distance.

Performance/Evaluation

I can perform and apply skills and techniques with control and accuracy.
I take part in a range of competitive games and activities.
I watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.
I can modify my use of skills or techniques to achieve a better result.

YEAR 5

Running

I can accelerate from a variety of starting positions and select my preferred position.
I can identify reaction times when performing a sprint start.

I continue to practise and refine my technique for sprinting, focusing on an effective sprint start.
I select the most suitable pace for the distance and my fitness level in order to maintain a sustained run.

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

Jumping

I am improving techniques for jumping for distance.
I can perform an effective standing long jump.
I can perform the standing triple jump with increased confidence.
I have developed an effective technique for the standing vertical jump (jumping for height) including take-off and flight.
I land safely and with control.
I measure the distance and height jumped with accuracy.
I can investigate different jumping techniques.

Throwing

I can perform a fling throw.
I throw a variety of implements using a range of throwing techniques.
I can measure and record the distance of my throws.
I continue to develop techniques to throw for increased distance.

Performance/Evaluation

I consistently perform and apply skills and techniques with accuracy and control.
I take part in competitive games with a strong understanding of tactics and composition.
I choose and use criteria to evaluate own and others' performance.
I can explain why I have used particular skills or techniques, and the effect they have had on my performance.

YEAR 6

Running

I 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 accelerate to pass other competitors.
I can work as a team to competitively perform a relay.
I 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 have developed my technique for the standing vertical jump.
I maintain control at each of the different stages of the triple jump.
I can land safely and with control.
I have developed and improved my techniques for jumping for height and distance and support others in improving their performance.
I 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 heave throw.
I measure and record the distance of my throws.
I am continuing to develop techniques to throw for increased distance and support others in improving their personal best.
I have developed and refined techniques to throw for accuracy.

Performance/Evaluation

I perform and apply a variety of skills and techniques confidently, consistently and with precision.
I take part in competitive games with a strong understanding of tactics and composition.
I thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements.

*"Exercise not only changes your body, it changes your mind, your attitude and your mood."
~Anon*

