



PE KNOWLEDGE & SKILLS PROGRESSION - ATHLETICS

YEAR 1

Running

I can vary my pace and speed when running.
 I run with a basic technique over different distances.
 I 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 maintain control as I change direction when jogging or sprinting.

Jumping

I 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 perform a short jumping sequence.
 I can jump as high as possible and as far as possible. I can also land safely and with control.
 I work with a partner to develop the control of our jumps.

Throwing

I can throw underarm and overarm.
 I can throw a ball towards a target with increasing accuracy.
 I improve the distance I can throw by using more power.

Performance/Evaluation

I am beginning to perform learnt skills with some control.
 I engage in competitive activities and team games.
 I can watch and describe performances as well as beginning to say how they could improve.

YEAR 2

Running

I run at different paces, describing the different paces.
 I use a variety of different stride lengths.
 I can travel at different speeds.
 I am beginning to select the most suitable pace and speed for distance.
 I can complete an obstacle course.
 I vary the speed and direction in which I travel.
 I run with basic techniques following a curved line.
 I am able to maintain and control a run over different distances.

Jumping

I 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 choose the most appropriate jumps to cover different distances.

Throwing

I throw different types of equipment in different ways, for accuracy and distance.
 I throw with accuracy at targets of different heights.
 I can investigate ways to alter my throwing technique to achieve greater distance.

Performance/Evaluation

I perform learnt skills with increasing control.
 I compete against self and others.
 I watch and describe performances and use what I see to improve my own performance.
 I can talk about the differences between my performance and that of others.

YEAR 3

Running

I can identify and demonstrate how different techniques can affect my performance.
 I focus on my arm and leg action to improve my sprinting technique.
 I am beginning to combine running with jumping over hurdles.
 I focus on trail leg and lead leg action when running over hurdles.
 I understand the importance of adjusting running pace to suit the distance being run.

Jumping

I can use one and two feet to take off and to land with.
 I am developing an effective take-off for the standing long jump.
 I am developing an effective flight phase for the standing long jump.
 I can land safely and with control.

Throwing

I can perform a push throw.
 I can throw with greater control and accuracy.
 I show increasing control in my overarm throw.
 I am continuing to develop techniques to throw for increased distance.

Performance/Evaluation

I perform learnt skills and techniques with control and confidence.
 I can compete against self and others in a controlled manner.
 I watch, describe and evaluate the effectiveness of a performance.
 I can describe how my performance has improved over time.

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

