



Forest Town Primary School

Physical Education

Athletics

Be Kind
Be Adventurous
Persevere
Be Responsible
Be Independent
Be Together

KS1

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 agility, balance and coordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

KS2

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 combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventure activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Athletics - Running

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Know how to run at different speeds for varying distances.</p> <p>Know that balance is important when changing direction.</p> <p>Know how to perform a stationary relay change over.</p>	<p>Know that rhythm and balance are important when running.</p> <p>Know how to run at different speeds for varying distances.</p> <p>Know that good running technique is important.</p> <p>Know how to take part in a relay activity, remembering when to run.</p>	<p>Know that different challenges of distance and time involve using different styles and combinations of running.</p> <p>Know why pace is important.</p> <p>Know how to run over an obstacle.</p>	<p>Know the correct sprinting technique and use this to improve on PB challenges.</p> <p>Know how to use fluency and rhythm when running over obstacles.</p>	<p>Know how to apply different speeds over varying distances.</p> <p>Knows why fluency and coordination are important when running for speed.</p> <p>Knows how to develop technique in relay changeovers.</p>	<p>Know how to use pace effectively.</p> <p>To work collaboratively with a partner to set a steady pace.</p> <p>Knows how to develop their own and others sprinting technique.</p>
	Sprint		Sprint Running for distance		Sprint Running over longer distances Cross country	
	Stationary relay change over		Relay change over on the move 1 + 1 Lap 2 + 2 Lap Relay 1 + 1 Hurdles Relay 4 x 1 Lap Relay Obstacle Relay Over / Under Relay		Precise locomotor relay change over 1 + 1 Lap 2 + 2 Lap Relay 6 Lap Paarlaufts 4 x 1 Lap Relay Obstacle Relay Over / Under Relay	

Athletics - Jumping

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Know how to take off and land with bent knees. Know how to hop, jump and leap for distance.	Know what good jumping technique looks like, jumping and landing with control. Know how to choose hop, jump and leap for distance.	Know the technique to jump for height. Know how to jump for distance using a full body action.	Know a range of jumping techniques, including approaches and take off positions.	Knows how to develop technique and coordination in the triple jump.	Knows how to develop take off positions to maximise performance in a range of jump techniques.
	Jump Hop Leap Standing long jump		Speed Bounce Vertical jump Standing long jump 5 strides		Speed Bounce Vertical jump Standing long jump Standing triple jump	

Athletics - Throwing

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Know how to throw for distance. Know how to throw towards a target with some accuracy.	Know how to throw for distance. Know how to throw towards a target with improved accuracy and control.	Know how to throw for distance and accuracy using an increasing number of techniques.	Know how to throw for distance with improved accuracy and using a increasing number of techniques.	Know how to throw for distance with improved force, accuracy and control using a range of techniques.	Knows how to develop power, control, technique and accuracy when throwing for distance using a full range of throwing techniques.
	Under arm throw Over arm throw Launcher – Foam vortex		Foam javelin Chest push Shot putt		Foam javelin Chest push Shot putt Discuss	

Athletics - Evaluating and Improving

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Know how to measure their performance against others, competing to improve their own score.	Know how to measure their performance against others, competing to improve their own score. Know that trying their best is important. Know how to identify areas of strength as well as areas to develop.	Know how to think about achieving their greatest possible speed, height, distance or accuracy. Know how to measure, time and record scores – using these a target to improve their PB scores.	Know how to show determination and persevere to achieve a PB in a range of activities.	Knows how to improve by identifying areas of strength as well as areas to develop – to achieve the greatest possible speed, height, distance or accuracy.	Knows how to work within a team to measure, time and record events – identifying areas of improvement to aid further development of both themselves and others.