

Athletics

	National Curriculum Aims					
	The national curriculum for physical education aims to ensure that all pupils: • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives.					
	National Curriculum Statement:					
	Key Stage 1		Key Stage 2			
	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 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.			
	Objectives:					
	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination;					
Learning Outcomes:						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Describe how the body feels when still and when exercising.	Be able to evaluate their performance using time;	Be able to attempt a variety of throwing techniques in order to improve accuracy;	Run at fast, medium and slow speeds,	Link running and jumping activities with some fluency,	Understand and demonstrate the difference between sprinting and	Choose the best pace for a running event, so that they can sustain their

Run in different ways for a variety of purposes. Jump in a range of ways, landing safely. Roll equipment in different ways. Throw Underarm. Throw an object at a target.	Know and understand quicker and slower ways of travelling; Develop fundamental movement skills. E.g. hopping, skipping. . .; Engage in competitive and cooperative physical activities in a range of increasingly challenging situations;	Know and understand how the position of the body affects throwing performance; Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination; Engage in competitive and cooperative physical Activities in a range of increasingly challenging situations; Be able to perform 1:2, 2:2, 2:1 and 1:1 jumps Know and understand how different jumping techniques affect distance travelled;	changing speed and direction; Be able to run, jump and throw using a variety of techniques Know and understand how altering the movement of any parts of the body during performance affects end results Become increasingly competent and confident, and access a broad range of opportunities to extend their agility, Balance and coordination Learn to use skills in different ways and link them to make actions Develop an understanding of how to improve in different physical activities	control and consistency; Make up and repeat a short sequence of linked jumps; Take part in a relay activity, remembering when to run and what to do; Throw a variety of objects, changing their action for accuracy and distance; Recognize when their heart rate, temperature and breathing rate have changed	running for sustained periods; Know and demonstrate a range of throwing techniques; Throw with some accuracy and power into a target area; Perform a range of jumps, showing consistent technique and sometimes using a short run-up; Play different roles in small groups; Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up; Compare and contrast performances using appropriate language	running and improve on a personal target; Show control at take-off in jumping activities; Show accuracy and good technique when throwing for distance; Organise and manage an athletic event well; Understand how stamina and power help people to perform well in different athletic activities; Identify good athletic performance and explain why it is good, using agreed criteria
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