



Danson Primary School PE Progression - ATHLETICS



Athletics - running (locomotion)							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>I can explain how to walk, swinging our arms with opposite arm and leg action.</p> <p>I know where to walk by staying in a space.</p> <p>I can explore walking in different pathways.</p> <p>I can sustain walking and explore marching .</p> <p>I can apply walking skills into a game.</p>	<p>I know how to run, pumping my arms, using the balls of my feet and looking ahead.</p> <p>I can apply my knowledge of running into a game.</p> <p>I can use acceleration to run at different speeds</p> <p>I can use my skills in running to run in a team.</p> <p>I can apply running into a competitive game.</p>	<p>I can use the right technique to dodge - I keeping my head up with a low body position, bending my knees, planting one foot on the floor, leaning my body to one side and then moving the other way quickly</p> <p>I know when and where to dodge to avoid an attacker.</p> <p>I can apply my dodging skills into games.</p>	<p>I can understand and apply tactics when running for distance</p> <p>I can change my stride pattern to accelerate at the start of a race</p> <p>I know how to throw for distance and why the correct technique is essential to send the object further.</p> <p>I can throw an object sideways on, with my arm up and elbow bent above my shoulder. I can release the object when it is just past my head.</p> <p>I know how to run when running for speed - creating a pumping action with my arms and elbows bent, springing off the balls of our feet.</p>	<p>I know why we need to pace ourselves when running for distance.</p> <p>I know how to use my body to throw with greater distance.</p> <p>I can increase my stride pattern to enable me to maintain my speed during the middle third of a race.</p> <p>I can evaluate my own and others sprinting technique making suggestions on how we can improve our own and others performance.</p>	<p>I understand why we need to maintain our speed until we cross the finish line.</p> <p>I know how to hurdle safely, applying the correct technique.</p> <p>I can evaluate my own and others sprinting technique making suggestions on how we can improve our own and others performance.</p> <p>I know when and where the changeovers take place on a curved track.</p>	<p>I know why we need to apply accurate head, arm and foot technique to make ourselves run quicker.</p> <p>I know why we need to select certain pupils for certain events in order for our team to be successful.</p> <p>I can transfer my body weight to push (put) the shot put and throw the javelin further.</p> <p>Tactics, teamwork, speed, distance, evaluation, false start, events</p>
Agility	<p>Walk at different speeds</p> <p>Walk using opposite arm and leg action.</p> <p>Walk into space.</p>	<p>Run at different speeds - jog, run, sprint.</p> <p>Accelerate into different places.</p> <p>Use knowledge of running in a game,</p>	<p>Run around obstacles</p> <p>Side step to move direction</p> <p>Run backwards with control</p> <p>Dodge around obstacles using the correct body position.</p>	<p>Switch between movements of side step, backwards and forwards running.</p>	<p>Increase control and timing by adding obstacles such as hurdles.</p> <p>Increase control using others such as a relay.</p>	<p>Run with accurate technique.</p> <p>Explain the running style/ technique.</p>	
Vocabulary	<p>Defender, change of direction, space, speed, walking, marching, tag</p>	<p>attacker, defender, space, speed, acceleration, tagging or tag</p>	<p>Attacker, defender, space, dodge, tagging or tag</p>	<p>Tactics, speed, acceleration, distance, accuracy, relay, change over, backwards, forward.</p>	<p>Tactics, speed, distance, pace, power, stride pattern</p>	<p>Tactics, teamwork, speed, distance, evaluation, false start, events</p>	<p>Tactics, teamwork, speed, distance, evaluation, false start, events</p>



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Athletics - Jumping							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>I know that you need to bend my knees to land but straight to jump.</p> <p>I can jump forward, backwards, sideways</p> <p>I can jump fast, slow, high, and low.</p> <p>I know the correct skill for jumping: head down, looking up, moving side to side and looking straight ahead.</p> <p>I can jump with my arms swinging above my head.</p> <p>I can understand what type of jump is needed in each sport.</p>	<p>I can apply my knowledge of jumping by jumping in and out of hoops.</p> <p>I can apply my knowledge of jumping to create a shape - star jump.</p> <p>I can combine all three elements when jumping (head, arms, legs) in a variety of jumps (tuck, frog, 2 feet to 2 feet, leaping over a rope, shuttle jumping, shuttle hopping, shuttle leaping.</p> <p>I can skip high, low, fast and slow.</p> <p>I can skip forwards and backwards.</p> <p>I can use my knowledge of skipping to move into spaces.</p>	<p>I can combine running, skipping and jumping and jump with the correct technique.</p> <p>I can use my arms to jump a good distance.</p> <p>I can combine jumps into a sequence.</p> <p>I can change direction by jumping.</p> <p>I can change the speed of my jumps in a sequence.</p> <p>I can select the correct jump for the correct activity.</p>	<p>I can use my arms and legs to jump the furthest in standing long jump.</p> <p>I explore how to improve speed and accuracy of jumping. (Using different arm, legs and height levels)</p>	<p>I can use my knowledge of jumping to explore how far I can jump.</p> <p>I can link a hop and skip together with no break in between.</p> <p>I can build on my knowledge of jumping from one to two feet to create my longest jump.</p> <p>I can use my body to jump as far as possible, using a combination of jumps.</p>	<p>I can understand how to hurdle safely.</p> <p>I can apply a stride pattern to develop my hurdling technique.</p> <p>I can understand how to hurdle with a leading leg.</p>	<p>I can apply my knowledge of jumping to compete in standing long jump, long jump and triple jump.</p>
Agility	<p>Jump from one foot to two feet.</p> <p>Jump from two feet to two feet.</p> <p>Jump one foot to one foot</p> <p>Jump at different heights whilst stationary.</p> <p>Jump in one movement (forwards, backwards, sideways)</p>	<p>Jump with an element of travel (there may be some wobble on landing).</p> <p>Skip at different speeds and directions.</p>	<p>Jump with some control on landing.</p> <p>Jump to and from the dominant foot.</p> <p>Link jumps together.</p>	<p>Make a steady landing jump without wobbling or swinging of arms.</p> <p>Jump between heights</p> <p>Link the run and jump</p>	<p>Land a jump without wobbling.</p> <p>Make links with running and jumping.</p>	<p>Make complex links between running and jumping</p>	
Vocabulary	<p>Jump, feet, forward, backwards, high, low straight, landing,</p>	<p>Acceleration, accuracy, agility, aiming, aiming, distance jump, landing, skip, hop, jump</p>	<p>Acceleration, accuracy, agility, aiming, aiming, distance jump, landing, skip, hop, jump</p>	<p>Acceleration, accuracy, agility, aiming, aiming, distance jump, landing, skip, hop, jump, height,</p>	<p>Acceleration, accuracy, agility, aiming, aiming, distance jump, landing, skip, hop, jump, triple jump</p>	<p>Acceleration, accuracy, agility, aiming, aiming, distance jump, landing, skip, hop, jump, hurdle, stride pattern</p>	<p>Acceleration, accuracy, agility, aiming, aiming, distance jump, landing, skip, hop, jump, long jump, hurdle.</p>



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Athletics - throwing							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>I can explore how to throw a beanbag into a hoop using my own ideas.</p> <p>I can throw my underarm throw with my dominant and non-dominant hand.</p> <p>I can throw with increasing accuracy by aiming at a cone.</p> <p>I can explore throwing over arm by changing my movements of hips and arms.</p> <p>I can throw different size balls and adjust my technique.</p> <p>I can roll a ball accurately.</p>	<p>I can use my arm to aim a throw.</p> <p>I can step forward to perform an underarm throw.</p> <p>I can understand how to release the ball to make the pass accurately.</p> <p>I can throw an object from 3m away.</p>	<p>I can apply my skills of throwing to impede the speed of power of the technique.</p> <p>I can throw an underarm over a net -remembering to release the ball at the correct time.</p> <p>I can throw an over arm throw by having my arm above my head and releasing the ball above their head.</p> <p>I can understand how to rotate my hips to throw the ball accurately.</p> <p>I can collect a ball from the floor and throw it to a partner.</p> <p>I can select the correct throw for the activity.</p>	<p>I can understand how to stand to throw the farthest.</p> <p>I can explore how to release a bean bag, to see if it impacts the distance.</p>	<p>I can understand the grip to hold a javelin.</p> <p>I can stand with my feet shoulder width apart and hold the javelin correctly when throwing.</p> <p>I can rotate my hips when releasing the javelin.</p>	<p>I can understand where and how to hold the shot put.</p> <p>I can understand the stance when shot putting.</p> <p>I can extend my arm to throw the shot put the furthest.</p> <p>I can rotate my hips to extend the release phase.</p> <p>I can transfer my weight to throw the shot put.</p> <p>I can compare different throwing activities.</p>	<p>I can transfer my body weight to push (put) the shot put and throw the javelin further.</p>
Agility	<p>Throw with both hands.</p> <p>Throw a ball to hit the target.</p> <p>Throw balls of different sizes.</p>	<p>Throw underarm with dominant arm.</p> <p>Throw a ball to hit a target.</p>	<p>Throw different objects</p> <p>Adjust the height or speed of the throw.</p>	<p>Throw an underarm throw with a small ball/object</p> <p>Throw an object with an overarm throw.</p>	<p>Throw the overarm pass with precision.</p> <p>Throw a ball with accuracy for someone to catch..</p>	<p>Throw a ball to be able to catch in a 10 metre distance.</p> <p>Be confident in throwing techniques - overarm, bowling, two handed and chestpass)</p>	<p>Throw whilst running with accuracy.</p> <p>Throw with movement such as sidestep</p>
Vocabulary	<p>Rolling, moving, arm, over arm, under arm, space, speed, throwing</p>	<p>Acceleration, accuracy, agility, aiming, aiming, throwing, space,</p>	<p>Acceleration, accuracy, agility, aiming, aiming, throwing, space,</p>	<p>Acceleration, accuracy, agility, aiming, aiming, throwing, space,</p>	<p>Acceleration, accuracy, agility, aiming, aiming, throwing, space, javelin rotation</p>	<p>Acceleration, accuracy, agility, aiming, aiming, throwing, space, shot put, rotation</p>	<p>Acceleration, accuracy, agility, aiming, aiming, throwing, space, javelin, shot put</p>