



Physical Education

Athletics Progression Grid



KS1 National Curriculum Aims

The main KS1 national curriculum aims covered in Athletics are:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
- To participate in team games, developing simple tactics for attacking and defending.

KS2 National Curriculum Aims

The main KS2 national curriculum aims covered in Athletics are:

- To use running, jumping, throwing and catching in isolation and in combination.
- To develop flexibility, strength, technique, control and balance.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

Year 1

Athletics skills demonstrated through running, jumping and throwing:

I can run at different speeds, jump with accuracy and use a small range of techniques to throw objects.

Running:

I can vary pace and speed when running.

I can run with a basic technique over different distances.

I can 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 can maintain control and change direction when sprinting or jogging.

Jumping:

I can perform a short jumping sequence.

I can jump as high as possible.

I can jump as far as possible.

I can land safely with control.

I can work with a partner to develop the control of jumps.

Throwing:

I can throw underarm and overarm.

I can throw a ball towards a target with increasing accuracy.

I can improve the distance they can throw using more power.

I can compete/perform- To begin to perform learnt skills with some control.

I can engage in competitive activities and team games.

I can evaluate- To watch and describe performances.

I can begin to say how they could improve.

I can select which throwing and retrieving technique to use.

I can carry and place equipment safely.

I can begin to master basic movements including running, jumping, throwing and catching.

I can develop balance, agility and co-ordination in a range of activities.

Year 2

Athletics skills demonstrated through running, jumping and throwing:

I can change speed and direction, linking running, jumping and throwing accurately.

Running:

I can run at different paces, describing the different pace.

I can use a variety of different stride lengths.

I can travel at different speeds.

I can begin to select the most suitable pace and speed for distance.

I can complete an obstacle course.

I can vary the speed and direction in which they are travelling.

I can run with basic techniques following a curved line.

I can maintain and control a run over different distances.

Jumping:

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 know that the leg muscles are used when performing a jumping action.

Throwing:

I can throw different types of equipment in different ways, for accuracy and distance.

I can throw with accuracy at targets of different heights.

I can adapt throwing techniques to achieve greater distance.

I can compete/perform- To perform learnt skills with increasing control.

I can compete against self and others.

I can watch performances.

I can give feedback.

I can talk about the differences between my work and that of others.

I can explain what is needed to stay healthy.

I can recognise and describe how the body feels during and after different physical activities.

I can participate in team games.

I can master basic movements including running, jumping, throwing and catching.

I can develop balance, agility and co-ordination in a range of activities.

Year 3

Athletics skills demonstrated through running, jumping and throwing:

I can throw with accuracy and power into a target.

I can show a difference between sprinting and running.

Running:

I can identify and demonstrate different techniques can affect their performance.

I can focus on using arm and leg action to improve sprinting technique.

I understand the importance of adjusting running pace to suit the distance being run.

I can begin to combine running with jumping over hurdles.

Jumping:

I can use one and two feet to take off and land with.

I can develop an effective take-off for the standing long jump.

I can develop an effective flight phase for the standing long jump.

I can land safely with control.

Throwing:

I can throw with greater control and accuracy.

I can show increasing control in their overarm throw.

I can perform a push throw.

I can compete/perform-To compete against self and others in a controlled manner.

I can watch, describe and evaluate the effectiveness of a performance.

I can describe how a performance has improved over time.

I can choose and use throwing to reach a target.

I know the importance of strength and flexibility for physical activity.

Year 4

Athletics skills demonstrated through running, jumping and throwing:

I can increase the distance when they are running, organising and preparing themselves and take different roles within a running sequence.

Running:

I can confidently demonstrate an improved technique for sprinting.

I can carry out an effective sprint finish.

I can perform as part of a relay, focusing on the baton changeover technique.

I can speed up and slow down smoothly.

Jumping:

I can learn how to combine a hop, step and jump to perform the standing triple jump.

I can land safely with control.

I can begin to measure the distance jumped.

Throwing:

I can perform a pull throw.

I can continue to develop technique to throw for increased distance.

I can measure the distance of a throw.

I can compete/perform- To take part in a range of competitive games and activities.

I can modify the use of skills or techniques to achieve a better result.

I can watch and describe and evaluate the effectiveness of performances giving ideas for improvements.

I can choose which throw, running pace or action to complete to allow them to reduce their times/increase distance within areas of athletics.

I can describe how the body reacts at different times and how this affects performance.

Year 5

Athletics skills demonstrated through running, jumping and throwing:

I can sustain and maintain running speed, improve on personal target, organise and manage an athletic event well.

Running:

I can accelerate from a variety of starting positions and select a preferred starting position.

I can continue to practise and refine sprinting techniques for sprinting, focusing on an effective sprint start.

I can select the most suitable pace for the distance and fitness level in order to maintain a sustained run.

Jumping:

I can improve techniques for jumping for distance.

I can perform an effective standing long jump.

I can perform an effective standing triple jump with confidence.

I can develop an effective technique for the standing vertical jump-including take-off and flight.

I can land safely with control.

I can measure the distance and height jumped with accuracy.

Throwing:

I can perform a fling throw.

I can throw a variety of implements using a range of throwing techniques.

I can measure and record the distance of their throws.

I can compete/performance- To perform and apply a variety of skills and techniques confidently consistently and with precision.
To take part in competitive games.

I can explain why particular skills or techniques have been used and the effect they have on performance.

I can choose the correct pace for running distance.

I can explain some safety principles when preparing for and during exercise.

I know and understand the reasons for warming up and cooling down.

I can improve performing a sprint start.

Year 6

Athletics skills demonstrated through running, jumping and throwing:

I can show strength, stamina and speed when running, jumping and throwing.

I know rules and judge events.

I understand why exercise is good for health, fitness and wellbeing.

I can talk about ways to become healthier.

Running:

I can build up speed quickly for a sprint finish.

I can accelerate to pass other competitors.

I can confidently and independently select the most appropriate pace for different distances and different parts of a run.

I can demonstrate endurance and stamina over longer distances in order to maintain a sustained run.

Jumping:

I can develop the technique for the standing vertical jump.

I can maintain control of each stage of the triple jump.

I can land safely with control.

I can measure jumps confidently and with accuracy.

Throwing:

I can perform a heave throw.

I can measure and record the distance of throws.

I can develop and refine techniques to throw for accuracy.

I can continue to develop techniques to throw for increased distance.

I can support others in improving their personal best.

I can compete/perform- To perform and apply a variety of skills and techniques confidently consistently and with precision.
To take part in competitive games.

I can evaluate my own and others' work.

I can suggest thoughtful and appropriate improvements.

I can adapt skills and techniques to different challenges and equipment.

I can use running, throwing and catching in isolation and in combination.

I can play competitive games, modified where appropriate.

I can develop flexibility, strength, technique, control and balance.