

# Forest Hall Primary School PE Skills Progression Map (Athletics)

<b>Athletics Progression Grid</b>		
 <p><b>Early Years Outcomes</b> The main Early years outcomes covered in the athletic units are:</p> <ul style="list-style-type: none"><li>• Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including, dance, gymnastics sport and swimming.</li><li>• Develop overall body strength, balance, coordination and agility.</li><li>• Move energetically such as running, jumping, dancing, hopping, skipping and climbing.</li></ul>	<p><b>KS1 National Curriculum Aims</b> Pupils should develop fundamental movement skills, before becoming 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 and cooperative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:</p> <ul style="list-style-type: none"><li>• 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.</li><li>• Participate in team games, developing simple tactics for attacking and defending.</li></ul>	<p><b>KS2 National Curriculum Aims</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways 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:</p> <ul style="list-style-type: none"><li>• Use running, jumping, throwing and catching in isolation and in combination.</li><li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li><li>• Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</li><li>• Compare their performances with previous ones and improvement to achieve their personal best.</li></ul>

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Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Health &amp; Fitness</b>						
Describe how the body feels when still and when exercising.	Describe how the body feels before and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities.  Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body.  Know the importance of strength and flexibility for physical activity.  Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance.  Explain why exercise is good for your health.  Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down.  Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down.  Carry out warm-ups and cool-downs safely and effectively.  Understand why exercise is good for health, fitness and wellbeing.  Know ways they can become healthier.
<b>Running</b>						
Explore running and stopping safely.  Begin to develop running techniques - big steps to run and small steps to stop.  Begin to develop use of space.	Explore running at different speeds.  Develop running techniques - swing arms to increase speed.  Begin to run at different speeds, showing an awareness of technique.  Show some control and balance when travelling at different speeds.	Develop the sprinting action.  Develop running techniques - running on balls of feet, taking big steps and bending elbows to increase speed.  Show balance and co-ordination when running at different speeds.  Show control and balance when travelling at different speeds.	Develop the sprinting technique and apply it to relay events.  Develop body position when running to increase and decrease speed.  Show balance, co-ordination and technique	Develop an understanding of speed and pace in relation to distance.  Develop understanding and awareness of pace when running for distance.  Develop understanding of	Apply fluency and co-ordination when running for speed in relay changeovers.  Effectively apply speeds appropriate for the event.  Understand that an effective running technique will help to create a rhythm that increases speed.	Demonstrate a clear understanding of pace and use it to develop their own and others' sprinting technique.  Understand how to prepare the body for running and know the muscle groups that will be used.  Demonstrate a controlled running technique using the appropriate speed over

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Change direction at a slow pace.  Balance whilst stationary and on the move.	Begin to show balance and co-ordination when changing direction.	Demonstrate balance and co-ordination when changing direction.	when running at different speeds, stopping with control.  Show balance when changing direction in combination with other skills.	body position to increase power when running.  Demonstrate how and when to speed up and slow down when running.  Show balance when changing direction at speed in combination with other skills.  Begin to co-ordinate their body at speed in response to a task.	Understand how to control breathing when running for distance.  Run at the appropriate speed over longer distances or for longer periods of time.  Demonstrate improved body posture and speed when changing direction.  Co-ordinate a range of body parts at increased speed.	longer distances or for longer periods of time.  Show fluency and control when travelling, landing, stopping and changing direction.  Change direction with a fluent action and transition smoothly between varying speeds.  Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
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### Jumping

Explore jumping and hopping safely.  Bend knees to land safely.  Jump and hop with bent knees.  Explore moving different body parts together.	Develop balance whilst jumping and landing.  Explore hopping, jumping and leaping for distance.  Begin to develop landing with control.  Begin to develop jumping technique to begin to jump for distance.	Develop jumping, hopping and skipping actions.  Explore safely jumping for distance and height.  Develop an effective jumping technique to jump for distance.  Link running and jumping movements with some control and balance.	Develop technique when jumping for distance in a range of approaches and take off positions.  Link running, hopping and jumping actions using different take offs and landings.	Understand how to transfer weight to jump for distance.  Link hopping and jumping actions with some control.  Jump for distance and height showing balance and control.  Demonstrate good balance	Explore technique and rhythm in the triple jump.  Know how to build power and distance in jumping.  Show control at take-off and landing in more complex jumping activities.  Perform a range of more complex	Develop power, control and technique in the triple jump.  Develop running to jump for distance technique.  Link running, jumping and hopping actions with greater control and co-ordination.  Perform jumps for height and distance using good technique.
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	<p>Begin to link running and jumping movements with some control.</p> <p>Jump, leap and hop, choosing which allows them to jump the furthest.</p> <p>Use co-ordination with and without equipment.</p>	<p>Show hopping and jumping movements with some balance and control.</p> <p>Perform actions with increased control when co-ordinating their body with and without equipment.</p>	<p>Jump for distance and height with an awareness of technique.</p> <p>Co-ordinate their bodies with increased consistency in a variety of activities.</p> <p>Demonstrate balance when performing fundamental skills, including jumping.</p>	<p>when performing fundamental skills, including jumping.</p>	<p>jumps, showing some technique.</p> <p>Demonstrate good balance and control when performing fundamental skills, including jumping.</p>	
<b>Throwing</b>						
<p>Explore throwing to a target.</p> <p>Understand how to throw an object and aim at a bigger target.</p> <p>Throw larger balls and beanbags into space.</p>	<p>Explore throwing for distance and accuracy.</p> <p>Develop technique of stepping forward with opposite foot to hand to throw further.</p> <p>Throw towards a target.</p> <p>Use co-ordination with and without equipment.</p>	<p>Develop overarm throwing for distance.</p> <p>Throw in a straight line by pointing the throwing hand at the target and letting go of the object.</p> <p>Change technique to throw for distance.</p>	<p>Explore the technique of a pull throw.</p> <p>Understand how to create power when throwing by varying speed.</p> <p>Throw a variety of objects, changing action for accuracy and distance.</p>	<p>Explore power and technique when throwing for distance in a pull and heave throw.</p> <p>Understand how to transfer weight to throw further.</p> <p>Throw with some accuracy and power towards a target area.</p>	<p>Develop technique and power in javelin and shot put.</p> <p>Know how to transfer weight in different throws to increase the distance.</p> <p>Show accuracy and power when throwing for distance.</p>	<p>Develop power, control and technique when throwing discus and shot put.</p> <p>Understand how to prepare the body for throwing and know the muscle groups that will be used.</p> <p>Show accuracy and good technique when throwing for distance.</p>

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Compete/Perform							
Control their body when performing a sequence of movements.  Participate in simple games.	Begin to perform learnt skills with some control.  Engage in competitive activities and team games.	Perform learnt skills with increasing control.  Compete against self and others.	Perform learnt skills and techniques with control and confidence.  Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy.  Take part in a range of competitive games and activities.	Consistently perform and apply skills and techniques with accuracy and control.  Take part in competitive games with a strong understanding of tactics and composition.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.  Take part in competitive games with a strong understanding of tactics and composition.	
Evaluate							
Talk about what they have done.  Talk about what others have done.	Watch and describe performances.  Begin to say how they could improve.	Watch and describe performances and use what they see to improve their own performances.  Talk about differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance.  Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate their own and others' performance..  Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.	