

| <h2>Athletics -progression through school</h2> <p>[Based on Run, Jump, Throw for KS1 and Athletics for KS2, PE Hub]</p> |   |
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| R   | <ul style="list-style-type: none"> <li>• To develop appropriate running technique</li> <li>• To jump over different sized obstacles</li> <li>• To throw towards a set target</li> <li>• To competently catch a ball or bean bag</li> </ul>  |
| 1   | <ul style="list-style-type: none"> <li>• Pupils will begin to link running and jumping.</li> <li>• To learn and refine a range of running which includes varying pathways and speeds.</li> <li>• Develop throwing techniques to send objects over long distances.</li> <li>• Increase stamina and core strength needed to undertake athletics activities</li> <li>• Take part in a broad range of opportunities to extend strength, balance, agility and coordination</li> <li>• Cooperate with others to carry out more complex physical activities</li> </ul>   |
| 2   | <ul style="list-style-type: none"> <li>• Develop power, agility, coordination and balance over a variety of activities</li> <li>• Can throw and handle a variety of objects including quoits, beanbags, balls, hoops</li> <li>• Can negotiate obstacles showing increased control of body and limbs</li> <li>• Improve running and jumping movements, work for sustained periods of time</li> <li>• Reflect on activities and make connections between a healthy active lifestyle</li> <li>• Experience and improve on jumping for distance and height</li> </ul> |
| 3   | <ul style="list-style-type: none"> <li>• Control movements and body actions in response to specific instructions</li> <li>• Demonstrate agility and speed</li> <li>• Jump for height and distance with control and balance</li> <li>• Throw with speed and power and apply appropriate force</li> </ul>   |
| 4   | <ul style="list-style-type: none"> <li>• Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities</li> <li>• Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</li> </ul>  |
| 5   | <ul style="list-style-type: none"> <li>• Sustain pace over short and longer distances such as running 100m and running for 2 minutes</li> <li>• Able to run as part of a relay team working at their maximum speed</li> <li>• Perform a range of jumps and throws demonstrating increasing power and accuracy</li> </ul>  |
| 6   | <ul style="list-style-type: none"> <li>• Become confident and expert in a range of techniques and recognise their success</li> <li>• Apply strength and flexibility to a broad range of throwing, running and jumping activities</li> <li>• Work in collaboration and demonstrate improvement when working with self and others</li> <li>• Accurately and confidently judge across a variety of activities</li> </ul>   |