



Physical Education: Athletics

Aspect	End of Yr 1	End of Yr 2	End of Yr 3	End of Yr 4	End of Yr 5	End of Yr 6
Acquiring & Developing Skills	Use their bodies & equipment with control & co-ordination.	Use their bodies & a variety of equipment with greater control & co-ordination.	Consolidate the quality, range & consistency of the techniques they use for particular activities.	Consolidate & improve the quality, range & consistency of the techniques they use for particular activities.	Develop the consistency of their actions & increase the number of techniques they use.	Develop the consistency of their actions in a number of events & increase the number of techniques they use.
Selecting & Applying Skills	Develop the following skills: -Throw a variety of objects with 1 hand; -Jump from a stationary position; -Change speed whilst running.	Develop the following skills with increasing accuracy & velocity: -Throw a variety of objects with 1 hand; -Jump from a stationary position; -Change speed & direction whilst running.	Develop the following skills with increasing accuracy: -Throw a variety of objects with 1 hand & know how to aim these to improve performance; -Show accurate pace running at a speed appropriate for the distance; -Take a running jump with appropriate feet movements; - Take part in relay activities	Develop the following skills with increasing accuracy & velocity: -Throw a variety of objects with 1 hand & know how to aim these to improve performance; -Show accurate pace running at a speed appropriate for the distance; -Take a running jump with appropriate feet movements; - Take part in relay activities	Develop the following skills with increasing accuracy & velocity: -Demonstrate accuracy in a range of throwing & jumping activities; -Improve running techniques at different speeds; -Combine running & jumping with fluency; - Be accurate when throwing at a target & be able to explain rules to others.	Develop the following skills with increasing accuracy & velocity: -Demonstrate accuracy & technique in a range of throwing & jumping activities; -Improve & sustain running techniques at different speeds; -Combine running & jumping well with fluency; - Be accurate when throwing at a target & be able to

			understanding the concept.	understanding the concept.		explain rules to others confidently.
Evaluating & Improving Performance	Watch & copy what they & others are doing. Set simple targets ie. to jump 10cm further.	Watch, copy & describe what they & others are doing. Set simple targets ie. to jump 15cm further. To measure using tools.	Describe & evaluate the effectiveness of performance.	Describe & evaluate the effectiveness of performance, recognising aspects for improvement.	Evaluate their own work & others' work & give feedback.	Evaluate their own work & others' work & suggest constructive feedback.
Knowledge & Understanding of Fitness & Health	Recognise what their body feels like during different types of exercise.	Recognise & describe what their body feels like during different types of exercise.	Know, measure & describe the short term effects of exercise on the body.	Know, measure & describe the short term effects of exercise on the body.	Understand & explain the principles of warming-up. Understand why fitness is good for health & well-being.	Understand & explain the principles of warming-up. Understand why fitness is good for health & well-being. Identify & explain good athletic performance.