



PE Knowledge and Skills Progression- Athletics

Years 5-6

National Curriculum Requirements of PE for Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and 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:

Use running, jumping, throwing and catching in isolation and in combination

Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Perform dances using a range of movement patterns

Take part in outdoor and adventurous activity challenges both individually and within a team.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

YEAR 5

Health and Fitness

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

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

Athletic skills:

Running

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

I can identify reaction times when performing a sprint start.

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

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

I can identify and demonstrate stamina, explaining its importance for runners.

Throwing

I can perform a fling throw.

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

I can measure and record the distance of my throws.

I continue to develop techniques to throw for increased distance.

Jumping

I am improving techniques for jumping for distance.

I can perform an effective standing long jump.

I can perform the standing triple jump with increased confidence.

I have developed an effective technique for the standing vertical jump (jumping for height) including take-off and flight.

I land safely and with control.

I measure the distance and height jumped with accuracy.

I can investigate different jumping techniques.

Compete and Perform

I consistently perform and apply skills and techniques with accuracy and control.

I take part in competitive games with a strong understanding of tactics and composition.

Evaluate

I choose and use criteria to evaluate own and others' performance.

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

YEAR 6

Health and Fitness

I understand the importance of warming up and cooling down.

I can carry out warm-ups and cool downs safely and effectively.

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

I know ways I can become healthier.

Athletic skills:

Running

I recap, practise and refine an effective sprinting technique, including reaction time.

I can build up speed quickly for a sprint finish.

I can run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.

I accelerate to pass other competitors.

I can work as a team to competitively perform a relay.

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

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

Throwing

I can perform a heave throw.

I measure and record the distance of my throws.

I am continuing to develop techniques to throw for increased distance and support others in improving their personal best.

I have developed and refined techniques to throw for accuracy.

Jumping

I have developed my technique for the standing vertical jump.

I maintain control at each of the different stages of the triple jump.

I can land safely and with control.

I have developed and improved my techniques for jumping for height and distance and support others in improving their performance.

I perform and apply different types of jumps in other contexts.

I can set up and lead jumping activities including measuring the jumps with confidence and accuracy.

Compete and Perform

I perform and apply a variety of skills and techniques confidently, consistently and with precision.

I take part in competitive games with a strong understanding of tactics and composition.

Evaluate

	I thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvement.
--	---