



PE Knowledge and Skills Progression- Athletics

Years EYFS and Yr1-2

National Curriculum Requirements of PE for Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

master basic movements, including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

EYFS	YEAR 1	YEAR 2
<p><u>Health and Fitness</u> I can describe how the body feels when still and when exercising. own ideas.</p> <p><u>Athletic skills:</u></p> <p><u>Running</u> I can run in different ways for a variety of purposes.</p> <p><u>Throwing</u> I can roll equipment in different ways. I can throw underarm. I can throw an object at a target.</p> <p><u>Jumping</u> I can jump in a range of ways, landing safely.</p> <p><u>Compete/Perform</u></p>	<p><u>Health and Fitness</u> I can describe how the body feels before, during and after exercise. I can carry and place equipment safely.</p> <p><u>Athletic skills:</u></p> <p><u>Running</u> I can vary my pace and speed when running. I can run with a basic technique over different distances. I show good posture and balance. I can jog in a straight line and change direction when jogging. I can sprint in a straight line and change direction when sprinting. I can maintain control as I change direction when jogging or sprinting.</p> <p><u>Throwing</u> I can throw underarm and overarm.</p>	<p><u>Health and Fitness</u> I can recognise and describe how my body feels during and after different physical activities. I can explain healthy practices.</p> <p><u>Athletic skills:</u></p> <p><u>Running</u> I run at different paces, describing the different paces. I use a variety of different stride lengths. I can travel at different speeds. I am beginning to select the most suitable pace and speed for distance. I can complete an obstacle course. I vary the speed and direction in which I travel. I run with basic techniques following a curved line. I am able to maintain and control a run over different distances.</p> <p><u>Throwing</u></p>

<p>I can control my body when performing a sequence of movements.</p> <p>I can participate in simple games.</p> <p><u>Evaluate</u></p> <p>I can talk about what I have done and what others have done.</p>	<p>I can throw a ball towards a target with increasing accuracy.</p> <p>I improve the distance I can throw by using more power.</p> <p><u>Jumping</u></p> <p>I perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>I perform a short jumping sequence.</p> <p>I can jump as high as possible and as far as possible.</p> <p>I can also land safely and with control.</p> <p>I work with a partner to develop the control of our jumps.</p> <p><u>Compete/Perform</u></p> <p>I am beginning to perform learnt skills with some control.</p> <p>I engage in competitive activities and team games.</p> <p><u>Evaluate</u></p> <p>I can watch and describe performances as well as beginning to say how they could improve.</p>	<p>I throw different types of equipment in different ways, for accuracy and distance.</p> <p>I throw with accuracy at targets of different heights.</p> <p>I can investigate ways to alter my throwing technique to achieve greater distance.</p> <p><u>Jumping</u></p> <p>I perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>I can combine different jumps together with some fluency and control.</p> <p>I can jump for distance from a standing position with accuracy and control.</p> <p>I can investigate the best jumps to cover different distances.</p> <p>I choose the most appropriate jumps to cover different distances.</p> <p><u>Compete/Perform</u></p> <p>I perform learnt skills with increasing control.</p> <p>I can compete against myself and others.</p> <p><u>Evaluation</u></p> <p>I can watch and describe performances and use what I see to improve my own performance.</p> <p>I can talk about the differences between my work and that of my peers.</p>
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