



# PE Knowledge and Skills Progression- Athletics

## Years 3-4

### **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 3	YEAR 4
<p><b><u>Health and Fitness</u></b>  I recognise and describe the effects of exercise on my body.  I know the importance of strength and flexibility for physical activity.  I can explain why it is important to warm up and cool down.</p> <p><b><u>Athletic skills:</u></b></p> <p><b><u>Running</u></b>  I can identify and demonstrate how different techniques can affect my performance.  I focus on my arm and leg action to improve my sprinting technique.  I am beginning to combine running with jumping over hurdles.  I focus on trail leg and lead leg action when running over hurdles.  I understand the importance of adjusting running pace to suit the distance being run.</p> <p><b><u>Throwing</u></b>  I can perform a push throw.  I can throw with greater control and accuracy.  I show increasing control in my overarm throw.  I am continuing to develop techniques to throw for increased distance.</p> <p><b><u>Jumping</u></b>  I can use one and two feet to take off and to land with.  I am developing an effective take-off for the standing long jump.  I am developing an effective flight phase for the standing long jump.  I can land safely and with control.</p> <p><b><u>Compete and Perform</u></b>  I can perform learnt skills and techniques with control and confidence.  I can compete against myself and others in a controlled manner.</p> <p><b><u>Evaluate</u></b>  I can watch, describe and evaluate the effectiveness of a performance.  I can describe how their performance has improved over time.</p>	<p><b><u>Health and Fitness</u></b>  I can describe how the body reacts at different times and how this affects performance.  I can explain why exercise is good for your health.  I know some reasons for warming up and cooling down.</p> <p><b><u>Athletic skills:</u></b></p> <p><b><u>Running</u></b>  I confidently demonstrate an improved technique for sprinting.  I can carry out an effective sprint finish.  I perform a relay, focusing on the baton changeover technique.  I can speed up and slow down smoothly.</p> <p><b><u>Throwing</u></b>  I can perform a pull throw.  I measure the distance of my throws.  I am continuing to develop techniques to throw for increased distance.</p> <p><b><u>Jumping</u></b>  I am learning how to combine a hop, step and jump to perform the standing triple jump.  I can land safely and with control.  I am beginning to measure the distance jumped.</p> <p><b><u>Compete and Perform</u></b>  I can perform and apply skills and techniques with control and accuracy.  I can take part in a range of competitive games and activities.</p> <p><b><u>Evaluate</u></b>  I can watch, describe, and evaluate the effectiveness of performances, giving ideas for improvements.  I can modify my use of skills or techniques to achieve a better result.</p>