



NORTH DOWNS PRIMARY SCHOOL

Athletics Progression Grid

Early Years Outcome	KS1 National Curriculum Aims	KS2 National Curriculum Aims
Physical Development ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Pupils should develop fundamental movement skills before 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 and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: <ul style="list-style-type: none"> . 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. 	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways 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: <ul style="list-style-type: none"> . Use running, jumping, throwing and catching in isolation and in combination. . Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. . Develop flexibility, strength, technique, control and balance. . Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge and understanding of Fitness & Health						
	Describe how the body feels before and after exercise.	Recognise and describe how the body feels during and after different athletics activities.	Recognise when their heart rate, temperature and breathing rate have changed.	Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up.	Understand how stamina and power help people to perform well in different athletic activities.	Carry out warm-ups and cool-downs safely and effectively. Understand how stamina and power help people to perform well in different athletic activities
Acquiring and Developing Skills						
.	Jump, throw underarm and run with some speed	Jump, throw underarm and run with some changes in speed	Run at fast, medium and slow speeds.	Understand and demonstrate the difference between sprinting and running for	Choose the best pace for a running event, so that they can sustain their running in 600m	Maintain their best pace for 600m event. Work on improving speed, start and finish in sprints,

			<p>Jump with some fluency, control and consistency</p> <p>Take part in a shuttle relay remembering when to run and what to do.</p> <p>Throw using pull and push techniques changing their action for accuracy and distance</p>	<p>sustained periods.</p> <p>Throw with some accuracy and power at a target and for distance using the push and pull throws.</p> <p>Perform a range of jumps, showing consistent technique.</p>	<p>and sprint fast in relay and 60m.</p> <p>Use downward sweep baton passing technique in relay with increasing success.</p> <p>Show control at take-off in long and vertical jump and good use of arms for height.</p> <p>Learn how to combine a hop, step and jump to perform the triple jump</p> <p>Show accuracy and good technique when performing javelin and chest push throws</p>	<p>so they improve on a personal best.</p> <p>Be able to pass a baton in relay with good technique, whilst moving.</p> <p>Show improved control and lift at take-off and landing in jumping activities including fluency in triple jump.</p> <p>Show increasing accuracy and good technique when throwing for distance.</p>
Selecting and Applying Skills						
	Practice for sports day Compete against self and others	Practice for sports day. Compete against self and others	<p>Compete against self and others.</p> <p>Take part in a relay, sprints and 600m in class and sports day.</p>	Using techniques learnt to improve their personal best distances and times and take part in sports day	<p>Work to improve their personal best performances in the athletic events.</p> <p>Measure and record the distance of their throws and jumps.</p>	<p>Work independently to improve their personal best performances in all the athletics events.</p> <p>Accurately measure and record the distance of their throws.</p> <p>Organise and manage an athletic event.</p>
Evaluate and Improving Performance						
	Describe what they and others are doing	Work well to improve their skills	Say what is good about a performance and what can be improved.	Compare and contrast performances using appropriate language.	Identify good athletic performance and explain why it is good, using agreed criteria	Identify good athletic performance and explain why it is good, using athletic criteria.