

Athletics Skills KS2 Progression Map

Year 3	Year 4	Year 5	Year 6
<p>Running</p> <ul style="list-style-type: none"> Sprinting style including arm action Pivot turns to change direction at speed Change pace and pass a baton in a shuttle sprint relay <p>Throwing</p> <ul style="list-style-type: none"> Throwing for accuracy at targets, choosing suitable equipment Throwing for distance using one handed overarm throw <p>Jumping</p> <ul style="list-style-type: none"> Jumping further with different take-offs and landings Setting and improving personal best using peer advice 	<p>Running</p> <ul style="list-style-type: none"> Running for speed and for distance adjusting pace Run smoothly and consistently Change pace and pass a baton in different sprint relays Hurdle objects using rhythm and at speed <p>Throwing</p> <ul style="list-style-type: none"> Improving techniques for push and pull throws Throwing for distance and accuracy using a variety of throws Improve one handed overarm throw <p>Jumping</p> <ul style="list-style-type: none"> Jumping high and jumping long using different take-offs and landings 	<p>Running</p> <ul style="list-style-type: none"> Sustain pace over longer distances Run more rhythmically Relay take-overs including the 'upsweep' and 'downsweep' methods Develop rhythm to hurdle obstacles Increase speed by improving technique including head position, arm movement and power through my legs <p>Throwing</p> <ul style="list-style-type: none"> Develop 'pull throw' Improve overarm throw for distance Throw overarm with control <p>Jumping</p> <ul style="list-style-type: none"> Perform a range of jumps showing control and consistency <p>Create own combinations of jumps with different take-offs and landings</p>	<p>Running</p> <ul style="list-style-type: none"> Drive (acceleration) and speed Sprint starts and stride length Maintaining speed over hurdles Running longer distances Relays for sprinting and distance <p>Throwing</p> <ul style="list-style-type: none"> Throwing styles including for discus and javelin Improve overarm throw for distance <p>Jumping</p> <ul style="list-style-type: none"> Jumping long and in combination Hop, step, jump triple jump
<p><u>Learning Objectives</u></p> <p>LO Lesson 1: I can improve my sprinting style</p> <p>LO Lesson 2: I can throw accurately at targets selecting suitable equipment</p>	<p><u>Learning Objectives</u></p> <p>LO Lesson 1: I can vary my pace to complete different distances</p> <p>LO Lesson 2: I can use push and pull throws using different body positions</p>	<p><u>Learning Objectives</u></p> <p>LO Lesson 1: I can keep to a rhythm when I jog, sprint and step over obstacles</p>	<p><u>Learning Objectives</u></p> <p>LO Lesson 1: I can change and vary pace accelerating then settling into a rhythm</p>

<p>LO Lesson 3: I can change pace at speed and incorporate pivot turns LO Lesson 4: I can increase the distance I can jump using different take-offs and landings LO Lesson 5: I can change pace and pass a baton in a shuttle sprint relay LO Lesson 6: I can throw using a pull throw including one handed overarm throw</p> <p>Things to add in: Appendix A Mobility exercise cards A1 to A6 Teach them and involve children in choosing which one to copy during warm ups. Appendix B Skill development and challenge cards. These appear in the lesson plans and are collected here for convenience. You can look here for additional challenges. Recommendations for year 3 – ST1-ST5 Sprinting style. Core principles- Throwing. PL1-6 Pull throws. LJ2 Exploring take-off positions</p>	<p>LO Lesson 3: I can use different take offs and landings to jump high and to jump long LO Lesson 4: I can change pace and pass a baton in different sprint relays LO Lesson 5: I can throw further and more accurately using a variety of throws. In particular, one handed over arm throws LO Lesson 6: I can run over obstacles including hurdles with rhythm and at speed.</p> <p>Things to add in: Appendix A Mobility exercise cards A1 to A6 Teach them and involve children in choosing which one to copy during warm ups. Appendix B Skill development and challenge cards. These appear in the lesson plans and are collected here for convenience. You can look here for additional challenges. Recommendations for year 4 – Core principles-Throwing. PL1-6 Pull throws. Core principles Scissor jump. HJ1-2 Jumping high. Core Principles Long Jump. Varying running pace ST9 Snakes. Running longer distances and pacing ED7-ED9</p>	<p>LO Lesson 2: I can use a pull throw with two hands and an overarm throw for distance. LO Lesson 3: I can improve my sprinting technique and increase my speed LO Lesson 4: I can combine jumps with different take offs and landings (jumping combinations p66) LO Lesson 5: I can run in relay team using ‘upsweep’ take-overs . I can also demonstrate ‘downsweep’ take-overs (and face-to-face take-overs for shuttle relays) LO Lesson 6: I can estimate how long to run for and adjust my pace.</p> <p>Things to add in: Appendix A Mobility exercise cards A1 to A6 Teach them and involve children in choosing which one to copy during warm ups. Appendix B Skill development and challenge cards. These appear in the lesson plans and are collected here for convenience. You can look here for additional challenges. Recommendations for year 5 – Running & Sprinting style ST1-ST6 (p137-139) Estimating distance/duration ED1-Ed11 (p149-154) Pull throw PL1-6 (p163-166)</p>	<p>LO Lesson 2: I can throw further using push and pull throws including throwing the discus LO Lesson 3: I can use a combination of jumps to jump long including the triple jump LO Lesson 4: I can practice sprint starts and count strides to improve my sprinting technique LO Lesson 5: I can Improve overarm throw for distance. I can maintain speed and run over obstacles rhythmically LO Lesson 6: I can maintain a steady pace and alter my stride length for distance running.</p> <p>Things to add in: Appendix A Mobility exercise cards A1 to A6. Pulse raisers and problem solving tasks Select from these, or print cards for children to work from in pairs Appendix B Skill development and challenge cards. These appear in the lesson plans and are collected here for convenience. You can look here for additional challenges. Recommendations for year 6 – Sprint starts SS1-SS4. Sprinting Stride & development ST5-ST8. Core principles hurdles and H1-7. Relay activities R1-R16. Pull throw for javelin, discus FT4, PL7</p>
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<p><u>Vocabulary</u> Effort, Speed, Stretch, Warm up, Sweat Control, Jogging, Sprinting, Improve, Observe, Strengthen, Heart beat</p> <p>Push throw, Pull throw, Overarm throw, Running rhythm, Hurdle Leading leg, Shuttle relay Baton, 5 basic jumps (one foot to one foot , one foot to two feet etc.) Low to high throwing, Sprinting style Pivot turn</p>	<p><u>Vocabulary</u> Effort, Speed, Stretch, Warm up, Sweat Control, Jogging, Sprinting, Improve, Observe, Strengthen, Heart beat, Co-operate, Opposite, Receiver, Technique, Obstacle, Timer, Heart rate, Distance Accuracy</p> <p>Push throw, Pull throw, Overarm throw, Running rhythm, Running pace Hurdle, Leading leg, Shuttle relay Baton, Personal best, 5 basic jumps (one foot to one foot , one foot to two feet etc.), Low to high throwing Sprinting style</p>	<p><u>Vocabulary</u> Speed, Strength, Muscles, Energy Sweat, Healthy, Warm-up, Cool-down Stretch, Heart beat, power, stride (stride length), flushed, rhythm balance, pump (arms), combinations estimation, Observe, Analyse, Evaluate Obstacles</p> <p>Stamina, Suppleness, Mobilise (joints) Oxygen, Perspiration, Heart rate Pulse, Pace, Push throw, Pull throw Fling throw, Heave throw, Stance Transference of weight, Flushed (blood vessels), Drive (upwards), Extend (legs) Cushion (knees), Lead leg, Baton Take-over, Upsweep (relay take-over), Downsweep (relay take-over) Shuttle relay</p>	<p><u>Vocabulary</u> Speed, Strength, Muscles, Energy Sweat, Healthy, Warm-up, Cool-down Stretch, Heart beat, power, stride (stride length), flushed, rhythm balance, pump (arms), combinations estimation, Observe, Analyse, Evaluate Obstacles</p> <p>Stamina, Suppleness, Mobilise (joints) Oxygen, Perspiration, Heart rate Pulse, Pace, Push throw, Pull throw Fling throw, Heave throw, Stance Transference of weight, Flushed (blood vessels), Drive (upwards), Extend (legs) Cushion (knees), Lead leg, Baton Take-over, Upsweep (relay take-over), Downsweep (relay take-over) Shuttle relay, Javelin, Triple Jump Standing starts, Reaction starts Trailing knee, Scissor jump</p>
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CURRICULUM AREA: PE Athletics

Healthy hearts and happy minds

At Mount Charles School, we want our children to be happier, healthier and stronger.

Through PE and Sport, we aim to inspire and encourage pupils to see exercise as essential to both their physical and mental health

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Subject Content

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.

Mount Charles School progression map

In KS2 children will be taught the following units during the year:

- Athletics,
- Dance,
- Games,
- Outdoor & Adventurous,
- Gymnastics
- Swimming