

Physical Education		
Athletics		
Year 1	Year 2	Year 3
<p><u>Key skills</u></p> <ul style="list-style-type: none"> begin evaluate their performance using time develop fundamental movement skills engage in competitive (both against self and others) and cooperative physical activities in a range of increasingly challenging situations. 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> be able to attempt a variety of throwing techniques in order to improve accuracy throwing performance develop fundamental movement skills, become increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination engage in competitive (both against self and others) and cooperative physical activities in a range of increasingly challenging situations. be able to perform 1:2, 2:2, 2:1 and 1:1 jumps 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> be able to run, jump and throw using a variety of techniques during performance affects end results become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination learn how to use skills in different ways and link them to make actions develop an understanding of how to improve in different physical activities. be able to run as part of a relay team
<p><u>Knowledge</u></p> <ul style="list-style-type: none"> know and understand quicker and slower ways of travelling 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> know and understand how the position of the body affects know and understand how different jumping techniques affect distance travelled 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> know and understand how altering the movement of any parts of the body know and understand the difference between a 'sprint' and a 'distance' race

Physical Education		
Athletics		
Year 4	Year 5	Year 6
<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to set a realistic individual performance target • develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success. • be able to identify which method of jumping is the most effective • know and understand the importance of landing with bent knees 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to identify which method of throwing is the most effective • know and understand the importance of throwing and following through develop an understanding of how to improve in different physical activities and sports • learn how to evaluate and recognise their own success. • be able to improve on their initial race times through the use of starting and accelerating techniques • develop a broader range of skills • enjoy communicating, collaborating and competing with each other • develop an understanding of how to improve and learn how to evaluate and recognise their own success • become more competent, confident and expert in their techniques 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to consistently perform a legal long jump from their optimum run-up distance • enjoy communicating, collaborating and competing with each other • develop an understanding of how to improve and learn how to evaluate and recognise their own success • become more competent, confident and expert in their techniques • be able to consciously change their body positions before completing a throwing action
<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand the further the run, the more the runners need to pace themselves • know and understand the importance of landing with bent knees 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand the importance of throwing and following through develop an understanding of how to improve in different physical activities and sports • know and understand skill elements of starting and accelerating in sprint races • understand what makes a performance effective and how to apply these principles to their own and others' work. 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand how changing the body position during throwing affects performance • understand what makes a performance effective and how to apply these principles to their own and others' work. • know and understand where legal long jumps are measured from and to develop a broader range of skills

