



**WHOLE SCHOOL PROGRESSION DOCUMENT – PE – ATHLETICS**

	<b>EYFS</b>	<b>YEAR 1</b>	<b>YEAR 2</b>	<b>YEAR 3</b>	<b>YEAR 4</b>	<b>YEAR 5</b>	<b>YEAR 6</b>
<b>HEALTH &amp; FITNESS</b>	<ul style="list-style-type: none"> <li>*Describe how the body feels when still and when exercising.</li> </ul>	<ul style="list-style-type: none"> <li>*Describe how the body feels before, during and after exercise.</li> <li>*Carry and place equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>*Recognise and describe how the body feels during and after different physical activities.</li> <li>*Explain what they need to stay healthy.</li> </ul>	<ul style="list-style-type: none"> <li>*Recognise and describe the effects of exercise on the body.</li> <li>*Know the importance of strength and flexibility for physical activity.</li> <li>*Explain why it is important to warm up and cool down.</li> </ul>	<ul style="list-style-type: none"> <li>*Describe how the body reacts at different times and how this affects performance.</li> <li>*Explain why exercise is good for your health.</li> <li>*Know some reasons for warming up and cooling down.</li> </ul>	<ul style="list-style-type: none"> <li>*Know and understand the reasons for warming up and cooling down.</li> <li>*Explain some safety principles when preparing for and during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>*Understand the importance of warming up and cooling down.</li> <li>*Carry out warm-ups and cool-downs safely and effectively. *Understand why exercise is good for health, fitness and wellbeing.</li> <li>*Know ways they can become healthier.</li> </ul>
<b>RUNNING</b>	<ul style="list-style-type: none"> <li>*Run in different ways for a variety of purposes.</li> </ul>	<ul style="list-style-type: none"> <li>*Vary their pace and speed when running.</li> <li>*Run with a basic technique over different distances.</li> <li>*Show good posture and balance.</li> <li>*Jog in a straight line.</li> <li>*Change direction when jogging.</li> <li>*Sprint in a straight line.</li> <li>*Change direction when sprinting.</li> <li>*Maintain control as they change direction when jogging or sprinting.</li> </ul>	<ul style="list-style-type: none"> <li>*Run at different paces, describing the different paces.</li> <li>*Use a variety of different stride lengths.</li> <li>*Travel at different speeds.</li> <li>*Begin to select the most suitable pace and speed for distance.</li> <li>*Complete an obstacle course.</li> <li>*Vary the speed and direction in which they are travelling.</li> <li>*Run with basic techniques following a curved line.</li> <li>*Be able to maintain and control a run over different distances.</li> </ul>	<ul style="list-style-type: none"> <li>*Identify and demonstrate how different techniques can affect their performance.</li> <li>*Focus on their arm and leg action to improve their sprinting technique.</li> <li>*Begin to combine running with jumping over hurdles.</li> <li>*Focus on trail leg and lead leg action when running over hurdles.</li> <li>*Understand the importance of adjusting running pace to suit the distance being run.</li> </ul>	<ul style="list-style-type: none"> <li>*Confidently demonstrate an improved technique for sprinting.</li> <li>*Carry out an effective sprint finish.</li> <li>*Perform a relay, focusing on the baton changeover technique.</li> <li>*Speed up and slow down smoothly.</li> </ul>	<ul style="list-style-type: none"> <li>*Accelerate from a variety of starting positions and select their preferred position.</li> <li>*Identify their reaction times when performing a sprint start.</li> <li>*Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</li> <li>*Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li> <li>*Identify and demonstrate stamina, explaining its importance for runners.</li> </ul>	<ul style="list-style-type: none"> <li>*Recap, practise and refine an effective sprinting technique, including reaction time.</li> <li>*Build up speed quickly for a sprint finish.</li> <li>*Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</li> <li>*Accelerate to pass other competitors.</li> <li>*Work as a team to competitively perform a relay.</li> <li>*Confidently and independently select the most appropriate pace for different distances and different parts of the run.</li> <li>*Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li> </ul>

<b>JUMPING</b>	*Jump in a range of ways, landing safely.	*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. *Perform a short jumping sequence. *Jump as high as possible. *Jump as far as possible. *Land safely and with control. *Work with a partner to develop the control of their jumps.	*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. *Combine different jumps together with some fluency and control. *Jump for distance from a standing position with accuracy and control. *Investigate the best jumps to cover different distances. *Choose the most appropriate jumps to cover different distances. *Know that the leg muscles are used when performing a jumping action.	*Use one and two feet to take off and to land with. *Develop an effective take-off for the standing long jump. *Develop an effective flight phase for the standing long jump. *Land safely and with control.	*Learn how to combine a hop, step and jump to perform the standing triple jump. *Land safely and with control. *Begin to measure the distance jumped.	*Improve techniques for jumping for distance. *Perform an effective standing long jump. *Perform the standing triple jump with increased confidence. *Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. *Land safely and with control. *Measure the distance and height jumped with accuracy. Investigate different jumping techniques.	*Develop the technique for the standing vertical jump. *Maintain control at each of the different stages of the triple jump. *Land safely and with control. *Develop and improve their techniques for jumping for height and distance and support others in improving their performance. *Perform and apply different types of jumps in other contexts. *Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
<b>THROWING</b>	*Roll equipment in different ways. *Throw underarm. *Throw an object at a target.	*Throw underarm and overarm. *Throw a ball towards a target with increasing accuracy. *Improve the distance they can throw by using more power.	*Throw different types of equipment in different ways, for accuracy and distance. *Throw with accuracy at targets of different heights. *Investigate ways to alter their throwing technique to achieve greater distance.	*Throw with greater control and accuracy. *Show increasing control in their overarm throw. *Perform a push throw. *Continue to develop techniques to throw for increased distance.	*Perform a pull throw. *Measure the distance of their throws. *Continue to develop techniques to throw for increased distance.	*Perform a fling throw. *Throw a variety of implements using a range of throwing techniques. *Measure and record the distance of their throws. *Continue to develop techniques to throw for increased distance.	*Perform a heave throw. *Measure and record the distance of their throws. *Continue to develop techniques to throw for increased distance and support others in improving their personal best. *Develop and refine techniques to throw for accuracy.
<b>COMPETE/PERFORM</b>	*Control their body when performing a sequence of movements. *Participate in simple games.	*Begin to perform learnt skills with some control. *Engage in competitive activities and team games.	*Perform learnt skills with increasing control. *Compete against self and other.	*Perform learnt skills and techniques with control and confidence. *Compete against self and others in a controlled manner.	*Perform and apply skills and techniques with control and accuracy. *Take part in a range of competitive games and activities.	*Consistently perform and apply skills and techniques with accuracy and control. *Take part in competitive games with a strong understanding of tactics and composition.	*Perform and apply a variety of skills and techniques confidently, consistently and with precision. *Take part in competitive games with a strong understanding of tactics and composition.
<b>EVALUATE</b>	*Talk about what they have done. *Talk about what others have done.	*Watch and describe performances. *Begin to say how they could improve.	*Watch and describe performances, and use what they see to improve their own performance. *Talk about the differences between their work and that of others.	*Watch, describe and evaluate the effectiveness of a performance. *Describe how their performance has improved over time.	*Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. *Modify their use of skills or techniques to achieve a better result.	*Choose and use criteria to evaluate own and others' performance. *Explain why they have used particular skills or techniques, and the effect they have had on their performance.	*Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.