



## National Curriculum: Progression in P.E. (Games/Athletics)

Games and Athletics						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>• 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</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances, using simple movement patterns</li> </ul>		<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performance with previous ones and demonstrate improvement to achieve their personal best</li> </ul>			
<b>Games</b>	<i>Practise different skills associated with simple games (e.g. co-ordinating throwing and catching)</i>  <i>Work co-operatively in partners and small groups</i>	<i>Practise different skills associated with simple games (e.g. co-ordinating throwing and catching)</i>  <i>Work co-operatively in teams</i>	<i>Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy)</i>  <i>Apply basic principles of attacking and defending</i>  <i>Work well as a team in competitive games</i>	<i>Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy)</i>  <i>Apply basic principles of attacking and defending</i>  <i>Work well as a team in competitive games - develop an understanding of fair play (respect team-mates and opponents)</i>	<i>Develop techniques of a variety of skills to maximise team effectiveness</i>  <i>Use the skills e.g. of throwing and catching to gain points in competitive games (fielding)</i>  <i>Use tactics when attacking or defending</i>	<i>Develop techniques of a variety of skills to maximise team effectiveness</i>  <i>Use the skills e.g. of throwing and catching to gain points in competitive games (fielding)</i>  <i>Use tactics when attacking or defending</i>

					Apply rules of fair play to competitive games	Apply rules of fair play to competitive games
<b>Athletics Running</b>	<p>Run for 1 minute</p> <p>Describe different ways of running</p> <p>Demonstrate differences in speeds of running</p>	<p>Run for at least 1 minute</p> <p>Show differences in running at speed and jogging</p> <p>Use different techniques to meet challenges</p> <p>Describe different ways of running</p>	<p>Run smoothly at different speeds</p> <p>Choose different styles of running of different Distances</p> <p>Watch and describe specific aspects of running (e.g. what arms and legs are doing)</p> <p>Recognise and record how the body works in different types of challenges over different distances</p> <p>Carry out stretching and warm-up safely</p>	<p>Run smoothly at different speeds</p> <p>Choose different styles of running of different Distances</p> <p>Pace and sustain their effort over longer distances</p> <p>Recognise and record how the body works in different types of challenges over different distances</p> <p>Carry out stretching and warm-up safely</p> <p>Set realistic targets of times to achieve over a short and longer distance (with guidance)</p>	<p>Sustain pace over longer distance – 2 minutes</p> <p>Perform relay change-overs</p> <p>Identify the main strengths of a performance of self and others</p> <p>Identify parts of the performance that need to be improved</p> <p>Perform a range of warm-up exercises specific to running for short and longer distances</p> <p>Explain how warming up affects performance</p> <p>Set realistic targets for self, of times to achieve over a short and longer distance</p>	<p>Sustain pace over longer distance – 2 minutes plus</p> <p>Perform relay change-overs</p> <p>Identify the main strengths of a performance of self and others</p> <p>Identify parts of the performance that need to be improved</p> <p>Perform a range of warm-up exercises specific to running for short and longer distances</p> <p>Explain how warming up affects performance</p> <p>Explain why athletics can help stamina and strength</p> <p>Set realistic targets for self, of times to achieve over a short and longer distance</p>

<p><b>Athletics Jumping</b></p>	<p>Explore jumping (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</p> <p>Show control at take-off</p> <p>Describe different ways of jumping and recognise a jump that works well</p>	<p>Perform the 5 basic jumps (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</p> <p>Perform combinations of the above</p> <p>Show control at take-off and landing</p> <p>Describe different ways of jumping</p> <p>Explain what is successful or how to improve</p>	<p>Perform combinations of jumps e.g. hop, step, jump</p> <p>Choose different styles of jumping</p> <p>Watch and describe specific aspects of jumping e.g. what arms and legs are doing</p>	<p>Perform combinations of jumps e.g. hop, step, jump showing control and consistency</p> <p>Choose different styles of jumping</p> <p>Watch and describe specific aspects of jumping e.g. what arms and legs are doing</p> <p>Set realistic targets when jumping for distance for or height (with guidance)</p>	<p>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</p> <p>Set realistic targets for self, when jumping for distance or height</p>	<p>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</p> <p>Set realistic targets for self, when jumping for distance or height</p>
<p><b>Athletics Throwing</b></p>	<p>Throw into targets</p> <p>Experiment with throwing actions e.g. rolling, underarm, overarm</p>	<p>Perform a range of throwing actions e.g. rolling, underarm, overarm</p> <p>Describe different ways of throwing</p> <p>Explain what is successful or how to improve</p>	<p>Throw with greater control</p> <p>Consistently hit a target with a range of implements</p> <p>Watch and describe specific aspects of throwing (e.g. what arms and legs are doing)</p>	<p>Explore different styles of throwing, e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)</p> <p>Set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others (guidance)</p>	<p>Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus</p> <p>Organise small groups to SAFELY take turns when throwing and retrieving implements</p> <p>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</p>	<p>Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus</p> <p>Organise small groups to SAFELY take turns when throwing and retrieving implements</p> <p>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</p>