Early Years Outcomes

The main Early Years Outcomes covered in the Athletics units are:

- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
 (PD M&H 40-60)
- Children show good control and co-ordination in large and small movements. (PD – M&H ELG)
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&H 40-60)
- Experiments with different ways of moving. (PD M&H 40-60)
- They move confidently in a range of ways, safely negotiating space. (PD M&H ELG)

KS1 National Curriculum Aims

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- 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.

KS2 National Curriculum Aims

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];
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Athletics has been separated into 6 different areas.

The following information is an overview of skills for each year group with the previous years' skills taught.

	HEALTH & FITNESS	RUNNING	JUMPING	THROWING	COMPETE/PERFORM	EVALUATE
	Describe how the body	Run in different ways	Jump in a range of	Roll equipment in	Control their body	Talk about what they
RECEPTION	feels when still and	for a variety of	ways, landing safely.	different ways. Throw	when performing a	have done. Talk about
	when exercising.	purposes.		underarm.	sequence of	what others have
				Throw an object at a	movements	done.
				target.	Participate in simple	
					games.	

	HEALTH & FITNESS	RUNNING	JUMPING	THROWING	COMPETE/PERFORM	EVALUATE
PRIOR KNOWLEDGE	Describe how the body feels when still and when exercising.	Run in different ways for a variety of purposes.	Jump in a range of ways, landing safely.	Roll equipment in different ways. Throw underarm.	Control their body when performing a sequence of	Talk about what they have done. Talk about what others have
				Throw an object at a target.	movements Participate in simple games.	done.
	Describe how the body	Vary their pace and	Perform different types	Throw underarm and	Begin to perform learnt	Watch and describe
YEAR 1	feels before, during	speed when running.	of jumps: for example,	overarm.	skills with some	performances. Begin to
	and after exercise.	Run with a basic	two feet to two feet,	Throw a ball towards a	control.	say how they could
	Carry and place	technique over	two feet to one foot,	target with increasing	Engage in competitive	improve.
	equipment safely.	different distances.	one foot to same foot	accuracy.	activities and team	
		Show good posture	or one foot to opposite	Improve the distance	games.	
		and balance. Jog in a	foot.	they can throw by		
		straight line.	Perform a short	using more power.		
		Change direction when	jumping sequence.			
		jogging. Sprint in a	Jump as high as			
		straight line.	possible.			
		Change direction when	Jump as far as possible.			
		sprinting.	Land safely and with			
		Maintain control as	control.			
		they change direction	Work with a partner to			
		when jogging or	develop the control of			
		sprinting.	their jumps.			

	HEALTH & FITNESS	RUNNING	JUMPING	THROWING	COMPETE/PERFORM	EVALUATE
PRIOR	Describe how the body	Vary their pace and speed	Perform different types	Throw underarm and	Begin to perform learnt	Watch and describe
KNOWLEDGE	feels before, during	when running.	of jumps: for example,	overarm.	skills with some control.	performances. Begin to
	and after exercise.	Run with a basic technique	two feet to two feet, two	Throw a ball towards a	Engage in competitive	say how they could
	Carry and place	over different distances.	feet to one foot, one foot	target with increasing	activities and team	improve.
	equipment safely.	Show good posture and	to same foot or one foot	accuracy.	games.	
		balance. Jog in a straight	to opposite foot.	Improve the distance		
		line.	Perform a short jumping	they can throw by using		
		Change direction when	sequence. Jump as high	more power.		
		jogging. Sprint in a straight	as possible.			
		line.	Jump as far as possible.			
		Change direction when	Land safely and with			
		sprinting.	control.			
		Maintain control as they	Work with a partner to			
		change direction when	develop the control of			
		jogging or sprinting.	their jumps.			
	Recognise and describe	Run at different paces,	Perform and compare	Throw different types of	Perform learnt skills with	Watch and describe
YEAR 2	how the body feels	describing the different	different types of jumps:	equipment in different	increasing control.	performances, and use
	during and after	paces.	for example, two feet to	ways, for accuracy and	Compete against self and	what they see to improve
	different physical	Use a variety of different	two feet, two feet to one	distance.	others.	their own performance.
	activities.	stride lengths.	foot, one foot to same	Throw with accuracy at		Talk about the
	Explain what they need	Travel at different speeds.	foot or one foot to	targets of different		differences between their
	to stay healthy.	Begin to select the most	opposite foot.	heights.		work and that of others.
		suitable pace and speed for	Combine different jumps	Investigate ways to alter		
		distance.	together with some	their throwing technique		
		Complete an obstacle	fluency and control.	to achieve greater		
		course.	Jump for distance from a	distance.		
		Vary the speed and	standing position with			
		direction in which they are	accuracy and control.			
		travelling.	Investigate the best			
		Run with basic techniques	jumps to cover different			
		following a curved line.	distances.			
		Be able to maintain and	Choose the most			
		control a run over different	appropriate jumps to cover different distances.			
		distances.				
			Know that the leg muscles are used when			
			performing a jumping action.			
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	HEALTH & FITNESS	RUNNING	JUMPING	THROWING	COMPETE/PERFORM	EVALUATE
PRIOR	Recognise and describe	Run at different paces,	Perform and compare	Throw different types of	Perform learnt skills with	Watch and describe
PRIOR KNOWLEDGE	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances.	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	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.	Perform learnt skills with increasing control. Compete against self and others.	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.
YEAR 3	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run.	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.	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 learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.

	HEALTH & FITNESS	RUNNING	JUMPING	THROWING	COMPETE/PERFORM	EVALUATE
PRIOR KNOWLEDGE	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run.	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.	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 learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.
YEAR 4	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.	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.	Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.	Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.

	HEALTH & FITNESS	RUNNING	JUMPING	THROWING	COMPETE/PERFORM	EVALUATE
PRIOR	Describe how the	Confidently demonstrate	Learn how to combine	Perform a pull throw.	Perform and apply	Watch, describe and
KNOWLEDGE	body reacts at	an improved technique	a hop, step and jump	Measure the distance	skills and techniques	evaluate the
	different times and	for sprinting.	to perform the	of their throws.	with control and	effectiveness of
	how this affects	Carry out an effective	standing triple jump.	Continue to develop	accuracy.	performances, giving
	performance.	sprint finish.	Land safely and with	techniques to throw	Take part in a range of	ideas for
	Explain why exercise	Perform a relay, focusing	control.	for increased distance.	competitive games and	improvements.
	is good for your	on the baton changeover	Begin to measure the		activities.	Modify their use of
	health.	technique.	distance jumped.			skills or techniques to
	Know some reasons	Speed up and slow down				achieve a better result.
	for warming up and	smoothly.				
	cooling down.					
	Know and	Accelerate from a variety	Improve techniques for	Perform a fling throw.	Consistently perform	Choose and use criteria
YEAR 5	understand the	of starting positions and	jumping for distance.	Throw a variety of	and apply skills and	to evaluate own and
	reasons for warming	select their preferred	Perform an effective	implements using a	techniques with	others' performance.
	up and cooling	position.	standing long jump.	range of throwing	accuracy and control.	Explain why they have
	down.	Identify their reaction	Perform the standing	techniques.	Take part in	used particular skills or
	Explain some safety	times when performing a	triple jump with	Measure and record	competitive games	techniques, and the
	principles when	sprint start.	increased confidence.	the distance of their	with a strong	effect they have had
	preparing for and	Continue to practise and	Develop an effective	throws.	understanding of	on their performance.
	during exercise.	refine their technique for	technique for the	Continue to develop	tactics and	
		sprinting, focusing on an	standing vertical jump	techniques to throw	composition.	
		effective sprint start.	(jumping for height)	for increased distance.		
		Select the most suitable	including take-off and			
		pace for the distance and	flight.			
		their fitness level in order	Land safely and with			
		to maintain a sustained	control.			
		run.	Measure the distance			
		Identify and demonstrate	and height jumped			
		stamina, explaining its	with accuracy.			
		importance for runners.	Investigate different			
			jumping.			

	HEALTH & FITNESS	RUNNING	JUMPING	THROWING	COMPETE/PERFORM	EVALUATE
PRIOR KNOWLEDGE	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina, explaining its importance for runners.	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.	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.	Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition.	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.
YEAR 6	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.	Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.	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.	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.	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.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

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