

Athletics

Key unit objectives	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Step 1	Move into space.	To run with control.	To throw a variety of different objects.	To throw an object using both a pushing and pulling technique.	To combine running and jumping.	To use a run up when jumping.
Step 2	To throw underarm.	To control your body and equipment when throwing.	To jump with control.	To combine different types of jumping.	To combine running and throwing.	To use the correct combination of jumps to complete the triple jump.
Step 3	To land safely when jumping.	To run with the correct arm technique.	To run with the correct arm technique.	To run for distance.	To compete in short distance races.	To run with control and purpose over varied distances.
Step 4	To run and jump on the balls of your feet	To run and jump on the balls of your feet.	To run in races.	To run in races of varied distances.	To compete in long distance running.	To throw an object by overarm, underarm, pulling, pushing and slinging.
Step 5	To throw towards a target.	To show a correct pull throw technique.	To compete against others.	To take part in athletic events.	To practise to combine different types of jump.	To use a run up when throwing.
Step 6	To play games using throwing accuracy.	To compete against yourself.	To follow the rules.	To perform competitively with others.	To throw in different ways with accuracy and control.	To practise to improve throwing distance.
Declarative knowledge	Evaluate successful and unsuccessful techniques. Show understanding of the correct running technique.	Understand the variety of correct running techniques. Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.	Recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance. Understand the pace judgement when running	Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. Learn how to evaluate and recognise their own success.	Choose the appropriate speed to run at for the distance to be covered. Create short warm up routines that follow basic principle e.g. raise body	Understand appropriate pace judgement for the running distance to be covered. Understand the appropriate throwing and jumping technique to achieve

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		Begin to evaluate and improve own performance.	over an increased distance. Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.	Devise suitable warm-up activities for the upcoming activities. Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.	temperature, mobilise joints and muscles. Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit. Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles.	maximum distance and height. Share and discuss athletic techniques with others. Compare their performance with previous ones and demonstrate improvement to achieve their personal best. Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles.
Procedural knowledge	Show good teamwork and sportsmanship when taking part in competitive throwing. Develop the overarm throw technique, throwing accurately towards a target. Practice the underarm throw technique, aiming	Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.	Apply and develop a broad range of athletic skills in different ways. Show control, coordination and consistency when running, throwing, and jumping.	Combine basic jump actions to form a jump combination, using a controlled jumping technique. Perform a throwing technique with control, coordination, and consistency.	Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control. Communicate, collaborate, and compete with others.	Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed. Work effectively as part of a team.

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	towards a target showing increased control. Show a basic level of control, coordination and consistency when running. Explore and practice a variety of movements including running, jumping, and throwing techniques. Experiment with different jumping techniques, showing control, coordination, and consistency throughout.	Begin to show control, coordination, and consistency when running at speed. Develop a range of jumping techniques. Develop the underarm and pull throw technique.	Choose the appropriate running speed to meet the demand of the task. Enjoy competing with others.	Perform competitively with others.	Working effectively as part of a team. Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.	Successfully run, jump, and throw in isolation and in combination - applying appropriate techniques to achieve personal bests.
Vocabulary	• Coordination • Movement • Aim • Throw • Landing • Teamwork • Measure • Target • Balance • Improve • Measure • jump	• Challenge • Running • Landing • Aim • Coordination • Movement • Balance • Teamwork • Relay • Improve • Target • Speed	• Develop • Experiment • Distance • Combination • Balance • Co-ordination • Movement • Distance • Pull • Target • Technique • Accelerate	• Develop • Distance • Accelerate • Personal Best • Co-ordination • Movement • Push / Pull • Pace • Exchange • Timing • Communication • Triple Jump	• Pace • Personal Best • Push / Pull • Discus • Record • Timer • Run up • Olympics	• Evaluate • Feedback • Power • Cooperate • Fling • Olympics • Run Up • Compare