



**Progression of PHYSICAL EDUCATION – ATHLETICS**

	<b>KNOWLEDGE</b>	<b>PERFORMANCE OF SKILLS</b>
Year 6	<b>Unit: ATHLETICS</b>	<p><b>All children (WTS)</b></p> <ul style="list-style-type: none"> <li>- Will have good knowledge and understanding of how to use equipment effectively</li> <li>- Understand the different components of athletics, field and track events.</li> </ul> <p><b>Most children (EXS)</b></p> <ul style="list-style-type: none"> <li>- Develop team work and strength through team tug of war challenges.</li> </ul> <p><b>Some children (GDS)</b></p> <ul style="list-style-type: none"> <li>- Develop all areas of their athletics whilst competing competitively</li> </ul>
	<b>Prior knowledge</b>	
	<ul style="list-style-type: none"> <li>- Good knowledge of athletics events, throwing, jumping and track. Understand how to use athletics equipment correctly and effectively. Develop teamwork and strength through tug of war.</li> </ul>	
Year 5	<b>Unit: ATHLETICS</b>	<p><b>All children (WTS)</b></p> <ul style="list-style-type: none"> <li>- Develop teamwork and cooperation through three legged and relay races.</li> </ul> <p><b>Most children (EXS)</b></p> <ul style="list-style-type: none"> <li>- Will have good knowledge and understanding of how to use equipment effectively</li> </ul> <p><b>Some children (GDS)</b></p> <ul style="list-style-type: none"> <li>- Develop teamwork and strength through team tug of war challenges</li> </ul>
	<b>Prior knowledge</b>	
	<ul style="list-style-type: none"> <li>- Recognise the ways they can improve their throwing, jumping and racing. Develop teamwork through racing and communicating.</li> </ul>	
Year 4	<b>Unit: ATHLETICS</b>	<p><b>All children (WTS)</b></p> <ul style="list-style-type: none"> <li>- Recognise the ways they can improve their personal best in throwing, jumping and racing.</li> </ul> <p><b>Most children (EXS)</b></p> <ul style="list-style-type: none"> <li>- Develop teamwork and cooperation through three legged and relay races.</li> </ul> <p><b>Some children (GDS)</b></p> <ul style="list-style-type: none"> <li>- Will have good knowledge and understanding of how to use equipment effectively</li> </ul>
	<b>Prior knowledge</b>	
	<ul style="list-style-type: none"> <li>- Understand the development of their personal best in athletics. . Develop team work in events.</li> </ul>	
Year 3	<b>Unit: ATHLETICS</b>	<p><b>All children (WTS)</b></p> <ul style="list-style-type: none"> <li>- Understand their personal best is the target in each activity.</li> <li>- Will effectively race of obstacles such as hurdles.</li> </ul> <p><b>Most children (EXS)</b></p> <ul style="list-style-type: none"> <li>- Will recognise different techniques they can use to achieve their personal best and improve on throwing, jumping and racing.</li> </ul> <p><b>Some children (GDS)</b></p> <ul style="list-style-type: none"> <li>- Will develop teamwork and cooperation through three legged races and relay races.</li> </ul>
	<b>Prior knowledge</b>	
	<ul style="list-style-type: none"> <li>- Run with agility. Throw with distance with a range of equipment.</li> </ul>	
Year 2	<b>Unit: ATHLETICS</b>	<p><b>All children (WTS)</b></p> <ul style="list-style-type: none"> <li>- Run with varying speed, direction and agility.</li> <li>- Throw with distance using different equipment</li> </ul> <p><b>Most children (EXS)</b></p> <ul style="list-style-type: none"> <li>- Run at different speeds dependant on distance.</li> <li>- Jump forwards and land on two feet with distance.</li> </ul> <p><b>Some children (GDS)</b></p>
	<b>Prior knowledge</b>	



	<ul style="list-style-type: none"> <li>- Run changing speed and direction, throw to distance, jumping and landing with two feet. Run at different speeds dependant on distance. Continuously jump with feet together.</li> </ul>	<ul style="list-style-type: none"> <li>- Will recognise different techniques they can use to achieve their personal best and improve on throwing, jumping and racing.</li> <li>- Move over and under different levels.</li> <li>-</li> </ul>
Year 1	<b>Unit: ATHLETICS</b>	<b>All children (WTS)</b> <ul style="list-style-type: none"> <li>- Run changing speed and direction</li> <li>- Throw with distance</li> </ul> <b>Most children (EXS)</b> <ul style="list-style-type: none"> <li>- Jump forwards and land with two feet.</li> </ul> <b>Some children (GDS)</b> <ul style="list-style-type: none"> <li>- Run at different speeds dependant on the distance.</li> <li>- Continuously jump with feet in a sack.</li> </ul>
	<b>Prior knowledge</b>	
	<ul style="list-style-type: none"> <li>- Running at speed, jumping and land. Show balance with hoops, bean bag and egg and spoon.</li> </ul>	
Year R	<b>Unit: ATHLETICS</b>	<b>All children (WTS)</b> <ul style="list-style-type: none"> <li>- Run at speed</li> </ul> <b>Most children (EXS)</b> <ul style="list-style-type: none"> <li>- Jump forwards and land.</li> <li>- Throw with distance</li> </ul> <b>Some children (GDS)</b> <ul style="list-style-type: none"> <li>- Balance with an object (Hoop/Bean bag/ egg &amp; spoon)</li> </ul>
	<b>Prior knowledge</b>	