

## Newbottle and Charlton Primary School

### KS1 ATHLETICS PROGRESSION

**Focus:** To master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination, and begin to apply these to a range of activities.

Successful and positive early experiences of athletic activities foster a child's desire to develop their movement skills. Activities here focus on the exploration of fundamental movements, finding and experimenting with different ways to move at different levels, speeds and directions. Running, jumping and throwing are expressions of a basic movement vocabulary and safe, enjoyable activities are carried out individually, with a partner or in small groups.

Resources: The English Schools' Athletic Association's Award Scheme

RECEPTION	YEAR 1	YEAR 2
<b>RUNNING</b> Walk with balance and control Run with some control Explore and copy movements of a leader Start, stop and change foot patterns in response to instructions. Show awareness of space and safety Complete an obstacle course Run from a start to a finish line.	<b>RUNNING</b> Demonstrate good walking posture with balance and control Run with good posture and balance, demonstrating speed and agility Copy movements of a leader with co-ordination, speed and control Start, stop and change pace and direction with control Show awareness of space and the safety of others Complete an obstacle course Run with intent from a start to a finish line in a straight line.	<b>RUNNING</b> Demonstrate good running posture. Run at different speeds and start to select the appropriate speed for distance Run on a curve with co-ordination and control Change movements, directions and pace with control in response to instructions or signals Accelerate quickly and run fast to retrieve an object Run for a longer period of time Run fast over short distances, showing awareness of others Complete an obstacle course with speed, control and agility
<b>JUMPING</b> Jump and land safely Explore different ways of jumping jump from side to side Use arms to assist jump and landing	<b>JUMPING</b> 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 Demonstrate various jumps in response to instructions Take off, jump and land safely Explore jumping for height and distance	<b>JUMPING</b> Demonstrate a variety of jump combinations. Jump for height with control and balance Jump for distance from standing Describe how the use of arms can affect jumping for height and distance Demonstrate control in landing Increase ability to jump far Jump quickly from side to side
<b>THROWING</b> Roll a large ball	<b>THROWING</b>	<b>THROWING</b>

<p>Collect a large ball Explore throwing and catching a large ball Throw a bean bag towards a target with an underarm throw.</p>	<p>Roll and collect a ball accurately Use an underarm action to throw with some accuracy at a target Use an underarm action to throw over increasingly longer distance</p> <p><b>Personal Best</b> Name some things I am good at with help</p>	<p>Perform movements which mobilise arms Throw with accuracy at floor and raised targets Apply appropriate effort in order to attempt to control an object's flight Use good body position to throw overarm, and develop overarm technique Explore throwing from different positions: sitting, kneeling, standing Perform a basic 2 handed push throw</p> <p><b>Personal best</b> name some things (I) am good at keep trying and ask for help if needed with help time/measure best scores for events With help, recognise similarities and differences in performance Explain why someone is working well</p>
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## ATHLETIC ACTIVITY KS2

**Focus:** KS2: Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their score to previous ones and demonstrate improvement to achieve their personal best

Towards the end of the primary phase, children should show increasingly mature movement patterns. They can demonstrate confidence and refinement of actions that are fluent, co-ordinated and efficient. Running faster and over greater distance is possible and a better awareness of pace develops. Obstacle and relay activities can be developed. Jumping for height, distance and in combinations becomes more possible, along with the ability to combine running and jumping. Using a range of throws and doing so with increasing control and power should be apparent.

YEAR 3/4	YEAR 5/6
<p><b>RUNNING</b></p> <p>Run with control using varying stride lengths Focus on their arm and leg action to improve their sprinting technique Adjust running pace smoothly to suit distance being run Accelerate and decelerate smoothly Sprint rapidly over short distances, as an individual and as part of a team. Change direction quickly and safely Respond rapidly to a stimulus Begin to combine running with jumping over hurdles, identifying lead and trail leg Maintain a good running technique over distance Demonstrate a standing sprint start and sprint finish perform a relay, focusing on baton changeover</p> <p><b>JUMPING</b></p> <p>Perform a variety of jump combinations with control, including hop and jump. Use arms effectively for height and distance Improve effective take off, flight and land techniques for standing long and vertical jump Explore hop, step and jump in the correct Sequence Jump from side to side with fluidity and rhythm Begin to measure distance jumped</p>	<p><b>RUNNING</b></p> <p>Run with speed and agility Demonstrate quick reactions and rapid acceleration and deceleration Accelerate from a variety of static positions. Demonstrate the ability to change speed effectively Sustain jogging and running at a consistent pace for a longer period of time Confidently and independently select the most appropriate pace for different distances and different parts of the run Sprint over and between obstacles using consistent stride lengths Run over hurdles with fluency, focusing on the lead leg technique and preference Accelerate to pass team members / competitors Pass a relay baton at speed, working within a team Explore a range of sprint start techniques.</p> <p><b>JUMPING</b></p> <p>Use effective jumping combinations to move around a space Perform dynamic combination jump sequences with control Jump from standing for distance and height with good technique in each phase Perform triple jump combination sequences with improving balance and control Jump from side to side with balance, speed and rhythm for at least 30 seconds Perform long, vertical and triple jump within competition rule parameters Set up and lead jumping activities including measuring the jumps with confidence and accuracy</p>

<p><b>THROWING</b></p> <p>Demonstrate a variety of good throwing techniques with a variety of objects.</p> <p>Throw &amp; retrieve implements safely</p> <p>Throw with speed and agility, using a good technique</p> <p>Perform arm conditioning exercise correctly to improve power and strength</p> <p>Describe the effect of throwing from sitting, kneeling or standing</p> <p>Demonstrate a two handed push throw with good technique</p> <p>Measure the distance of their throws</p> <p>Explore a pull throw (javelin)</p> <p><b>Personal Best</b></p> <p>Review, analyse and evaluate own strengths and weaknesses</p> <p>have a clear idea of how to develop own work</p>	<p><b>THROWING</b></p> <p>Demonstrate speed and co-ordination when passing and receiving a ball</p> <p>Demonstrate a dynamic two handed push throw with powerful technique.</p> <p>Perform push throws to reach a target on the ground</p> <p>Explore a fling throw (discus) and a heave throw</p> <p>Demonstrate a controlled overarm action</p> <p>Throw for accuracy and distance</p> <p>Describe how the weight and shape of an object affects its flight path</p> <p>Throw &amp; retrieve implements safely and within competition throwing rules</p> <p>Measure and record the distance of their throw</p> <p><b>Personal Best</b></p> <p>Identify specific ways to develop self</p> <p>understand criteria to judge performance and identify specific parts to continue to work upon</p>
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Resources: English Schools Athletics association  
Sportshall Athletics Primary Program