

Stukeley Federation  
PE Curriculum Progression

Athletics	EYFS	KS1		KS2			
		Year 1	Year 2	Year3	Year 4	Year 5	Year 6
Running, jumping and throwing	<p>Development matters – Reception</p> <p>Revise and refine the fundamental movement skills they have already acquired –</p> <p>Rolling Crawling Walking Jumping Running Hopping Skipping Climbing</p>	<p>Run fast over a short distance and stay in line.</p> <p>Change speed with control.</p> <p>Recognise and show push, pull and fling throws.</p> <p>Demonstrate different take offs and landings.</p>	<p>Move consistently and smoothly when running for sustained periods or sprinting.</p> <p>Know and use a range of throwing techniques.</p> <p>Throw a discuss, javelin and hard ball with consistency and accuracy into specific areas.</p> <p>Jump with control and consistency and show coordination when combining jumps.</p>	<p>Sustain pace over longer distances and choose the best pace for a running event.</p> <p>Throw in greater control in different styles and show accuracy and good technique when throwing for distance.</p> <p>Consistently perform a variety of jumps showing power and control at take off and landing.</p>			
Tactics	<p>Progress towards a more fluent style of moving, with developing control and grace</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</p> <p>Combine different</p>	<p>Change direction and turn quickly.</p> <p>Understand arm action and leg drive are important when running fast.</p> <p>Work cooperatively and competitively in small relay teams.</p>	<p>Show different styles of running, jumping and throwing and be able to choose the correct style for to meet the needs of the challenge.</p> <p>Pace and sustain their effort maintaining quality of performance.</p> <p>Demonstrate a suitable method of shuttle relay and change over techniques.</p>	<p>Organise themselves to take turns as a team.</p> <p>Know and understand the basic rules of relay, take overs and plan how the team should be organised.</p> <p>Cooperate and take part well in a relay event.</p>			
Evaluating		<p>Identify when they have done well.</p> <p>Begin to understand what they need</p>	<p>Watch others perform and describe aspects of technique.</p> <p>Compare and contrast performance using appropriate</p>	<p>Observe the performance of a partner, identify and describe their main strengths and techniques,</p> <p>Observe and identify parts of their</p>			

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	<p>movements with ease and fluency</p> <p>Develop overall body-strength, balance, co-ordination and agility</p>	<p>to do to improve.</p>	<p>language.</p> <p>Suggest how they can improve and with support set themselves targets.</p>	<p>performance that need to be improved. Suggest improvements and refinements.</p>
<p>Health and well-being</p>	<p>Know and talk about the different factors that support their overall health and well-being Regular physical activity, healthy eating, toothbrushing, sensible amount of 'screen time', having a good sleep routine, being a safe pedestrian</p>	<p>Describe what happens to their heart, breathing and temperature during different types of athletic activities.</p> <p>Understand safety rules and work within them.</p>	<p>Recognise and identify times when their temperature is cool, warm or hot.</p> <p>Understand that their body works differently in different athletic situations.</p> <p>Carry out appropriate stretching and warm up activities safely.</p>	<p>Perform a range of warm up activities with understanding and safety.</p> <p>Explain why some athletic activities can improve strength, power or stamina.</p> <p>Understand how power and stamina help people to perform well in different athletic activities.</p>
<p>Vocabulary</p>	<p>Move, fast, slow, hop, skip, jump, run, walk, sideways, forwards, backwards</p>	<p>Run, jump, throw, push, fling, pull, relay, heart, breathing, temperature</p>	<p>Speed, distance, push, pull, team, relay, hand over, lead leg, running action, take off, landing.</p>	<p>Power, strength, stamina, technique, performance, improvement, long, high, accuracy.</p>