



# ABINGDON PRIMARY SCHOOL ATHLETICS PROGRESSION

	Y1	Y2	Y3	Y4	Y5	Y6
<p><b>PROCEDURAL KNOWLEDGE</b></p>	<p>Recognise &amp; perform Changes in Pace: Walk Jog run , Sprint.</p> <p>Use changes to meet challenges</p> <p>Maintain continuous running pace</p>	<p>Throw accurately Throw for distance</p> <p>Balance whilst jumping</p> <p>Co-ordination Agility <i>Run consistently and smoothly at different speeds</i></p>	<p>Use suggestions to improve performance</p> <p><i>Sustain their pace over long distances, eg sprint for 7 secs, run for 1 or 2 mins</i></p> <p>Throw with greater control, accuracy and efficiency</p> <p><i>Perform a range of jumps showing power, control and consistency at both take-off and landing.</i></p>	<p>Run at fast, medium and slow speeds, changing direction and speed.</p> <p>Throw a variety of objects Improve and sustain running technique at different speeds.</p> <p>Demonstrate accuracy &amp; technique in a range of throwing &amp; jumping actions.</p>	<p><i>To improve and sustain running technique at different speeds</i></p> <p><i>To demonstrate accuracy &amp; technique in a range of throwing &amp; jumping actions</i></p> <p><i>To improve and sustain running technique at different speeds</i></p> <p><i>To demonstrate accuracy &amp; technique in a range of throwing &amp; jumping actions</i></p> <p><i>Demonstrate excellent technique across a range of running, jumping and throwing events consistently.</i></p>	<p>Recognise &amp; perform Changes in Pace: Walk Jog run , Sprint. Use changes to meet challenges</p> <p>Maintain continuous running pace Perform 5 jumps. <i>Demonstrate the 5 basic jumps on their own</i> Run continuously for approx 1min and, when required, show the difference between running at speed and jogging</p>
<p><b>ATHLETICS</b></p>	<p>Perform 5 jumps. <i>Demonstrate the 5 basic jumps on their own</i> Run continuously for approx 1min and, when required, show the difference between running at speed and jogging</p>	<p><i>Demonstrate different combinations of jumps, showing control, coordination and consistency</i></p> <p><i>Throw a range of implements into a target area with consistency and accuracy</i></p>				

<p><b>CONCEPTUAL KNOWLEDGE/ THINKING</b></p>	<p>Recognise &amp; perform push pull sling actions when throwing various objects <i>Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing</i></p>	<p>Stopping / starting safely—agility Be able to pace over distance <i>Recognise there are different styles of running, jumping and throwing, and that they need to choose the best for a particular challenge and type of equipment. Pace their effort well in different types of event so that they can keep going steadily.</i></p>	<p>Watch partner's athletic performance and identify main strengths Planning how to cover distance as team – faster over set distance / paced for set time <i>Organise themselves in small groups safely, and take turns and different roles Know and understand the basic principles of relay take-overs Take part well in a relay event</i></p>	<p>Can suggest ways to improve performance through observation evaluation Can act on advise to improve performance Can perform role - record, measure, observe</p>	<p>Link running and jumping activities with some fluency, control and consistency. Understand and perform throws for accuracy and distance. Link running and throwing activities with some fluency, control and consistency. <i>Identify &amp; explain good athletic performance regarding technical skills and physical attributes/ability. Apply these skills effectively</i></p>	<p><i>To understand &amp; explain the short &amp; long term effects of exercise. Understand the need for a specific warm up &amp; cool down To understand &amp; explain the short &amp; long term effects of exercise. Understand the need for a specific warm up &amp; cool down Understand how to apply athletic skills &amp; tactics to the competitive situation</i></p>
<p><b>SMSC</b></p>	<p><i>Identify and describe different running, jumping and throwing actions Explain what is successful and what they have to do to perform better Describe what happens to their heart, breathing and temperature during different types of athletic activity</i></p>	<p><i>Watch and describe specific aspects of running, jumping and throwing styles. Suggest, with guidance, a target for improving distance or height. Identify and record when their body is cool, warm and hot. Recognise and record that their body works differently in different types of challenge and event. Carry out warm-up activities safely.</i></p>	<p><i>Watch a partner's athletic performance and identify the main strengths. Identify parts of the performance that need to be practised and refined, and suggest improvements. Perform a range of warm-up activities. Explain how warming up can effect their performance. Say why some athletics activities can improve strength, power or stamina and explain how these can help their performance in other types of activity.</i></p>	<p>Can co-operate Can work as part of a team and pace themselves based on team / distance.</p>	<p><i>Identify &amp; explain good athletic performance Able to describe the changes in their body when running, jumping &amp; throwing</i></p>	<p><i>Explain how to improve technique in a variety of events Understand &amp; explain the short &amp; long term effects of exercise. Understand the need for a specific warm up&amp; cool down</i></p>