



**Athletics**

<p><b>Y1</b></p>	<p>I can use varying speeds when running</p> <p>I can explore footwork patterns</p> <p>I can explore arm mobility</p> <p>I can explore different methods of throwing</p> <p>I can practise short distance running</p>	<p><i>Run-</i> fast, slow</p> <p><i>Jump</i></p> <p><i>Throw,</i> high, low, far, close, aim</p> <p><i>Equipment-</i> cones, beanbags, balls</p>
<p><b>Y2</b></p>	<p>I can run with agility and confidence</p> <p>I can hurdle an obstacle and maintain effective running style</p> <p>I can learn the best jumping techniques for distance</p> <p>I can throw different objects in a variety of ways</p> <p>I can run for distance</p> <p>I can run in relay-style team races</p> <p>I can complete an obstacle course with control and agility</p> <p>I can compete with myself and against others, knowing if I improve</p>	<p><i>Run-</i> sprint, jog, agility</p> <p><i>Jump-</i>high/long jump</p> <p><i>Throw-</i> Overarm/ underarm, distance, height, accuracy</p> <p><i>Equipment</i> – skipping ropes, javelins, relay batons,</p> <p>Health</p>
<p><b>Y3</b></p>	<p>I can run in different directions and at different speeds, using a good technique</p> <p>I can focus on arm and leg action to improve sprinting technique</p> <p>I can begin to combine running with jumping over hurdles</p> <p>I can choose an appropriate running technique for the distance</p> <p>I can improve throwing technique</p> <p>I can use one and two feet to take off and land with</p> <p>I can develop an effective take off for standing long jump</p> <p>I can develop effective flight phase for standing long jump</p> <p>I can perform a push throw (tennis ball/ chest pass)</p> <p>Compete in a mini competition, recording scores</p>	<p><i>Run</i> – Quickness, high knees</p> <p><i>Jump-</i> Take off</p> <p>Flight phase</p> <p>Landing</p> <p><i>Throw-</i> Push throw</p> <p><i>Equipment-</i>hurdles</p> <p>Fitness</p>
<p><b>Y4</b></p>	<p>I can select and maintain a running pace for different distances</p> <p>I can demonstrate good running technique in a competitive situation</p> <p>I can understand which technique is most effective when jumping for distance</p> <p>I can combine a hop, skip and jump for standing triple jump</p> <p>I can practise throwing with power and accuracy</p>	<p><i>Run-</i> Endurance, Heart rate</p> <p><i>Jump-</i> Hop, skip/step, jump (triple jump)</p> <p><i>Throw-</i>Pull throw</p> <p>Wellbeing</p> <p><i>Equipment-</i> trundle wheel</p>



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	<p>I can perform a pull throw (javelin, cricket, football throw in)</p> <p>I can measure throw distance with some support</p> <p>I can explore different footwork patterns</p> <p>I can utilise all the skills learned in this unit in a competitive situation</p> <p>I can begin to measure distances jumped with support if needed</p>	
Y5	<p>I can use correct technique to run at speed</p> <p>I can develop the ability to run for distance</p> <p>I can use techniques of relay running, e.g. baton handover</p> <p>I can throw with accuracy and power</p> <p>I can perform a fling throw</p> <p>I can investigate different jumping techniques, understanding which is most effective for distance</p> <p>I can perform the standing triple jump more confidently</p> <p>I can develop an efficient technique for standing vertical jump (jumping for height)</p> <p>I can demonstrate these techniques in competitive situations</p> <p>I can measure jumps and throws with more accuracy and limited support</p>	<p><u>Run-</u> Standing Vertical</p> <p><u>Jump,</u> - Efficient, Power (explosive power)</p> <p><u>Throw-</u> fling throw</p> <p><u>Equipment-</u> Discus/coit</p>
Y6	<p>I can investigate running styles and changes of speed</p> <p>I can use reaction time to start a race quickly</p> <p>I can work as a team to competitively perform a relay</p> <p>I can independently select the best running pace for a distance</p> <p>I can practise throwing with power and accuracy</p> <p>I can build speed for a sprint finish</p> <p>I can maintain control at each stage of the triple jump</p> <p>I can understand which technique is most effective when jumping for distance</p> <p>I can set up and lead a jumping activity, including measuring accurately</p> <p>I can perform a heave throw (shotput)</p> <p>I can support others to improve their personal best</p> <p>I can take part in competitive events using these skills</p>	<p><u>Run-</u> Reaction time</p> <p><u>Jump</u></p> <p><u>Throw-</u> heave throw</p> <p><u>Equipment-</u> shotput</p>