



Porters Grange Primary School

Physical Education

Athletics

Early Years

Emotional: I am confident to try new activities.
Emotional: I ask for help if needed
Physical: I can handle equipment effectively.
Physical: I can move confidently in a range of ways.
Physical: I can safely negotiate space.
Physical: I can show good control and co-ordination in small and large movements.
Physical: I can talk about ways to keep healthy and safe.
Physical: I know the importance for good health and physical exercise.
Social: I am sensitive to others' feelings.
Social: I play co-operatively, taking turns.
Thinking: I can talk about my own ideas and use them in response to a task.
Thinking: I understand and follow rules.

Year 1

Throw towards a target.
Develop over arm throw.
Begin to link running and jumping movements.
Understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.
Begin to show balance and co-ordination when changing direction.
Recognise changes in my body when I do exercise.
Run at different speeds.
Work with others and make safe choices.
I try my best.

Year 2

Use an overarm throw to help me to throw for distance.
Jump and land with control.
Link Running and jumping movements with some control and balance.
Describe how my body feels during exercise.

Identify good technique.
Show balance and co-ordination when running at different speeds and in different directions.
Work with others, taking turns and sharing ideas.

Year 3	<p>Throw a variety of objects, changing my action for accuracy and distance.</p> <p>Use different take off and landings when jumping.</p> <p>Develop jumping for distance and height.</p> <p>Jump for distance and height with balance and control.</p> <p>Identify when I was successful.</p> <p>Take part in a relay activity, remembering when to run and what to do.</p> <p>Use key points to help me to improve my sprinting technique.</p> <p>Work with a partner and in a small group, sharing ideas.</p> <p>Show determination to achieve my personal best.</p> <p>Understand the benefits of exercise.</p> <p>Understand why it is important to warm up.</p>
Year 4	<p>Throw with some accuracy and power to a target area.</p> <p>Jump for distance and height with balance and control</p> <p>Explain what happens in my body when I warm up.</p> <p>Identify when I was successful and what I need to do to improve.</p> <p>Show determination to improve my personal best.</p> <p>Support and encourage others to work to their best.</p>
Year 5	<p>Show accuracy and power when throwing for distance.</p> <p>Perform a range of jumps showing some technique (standing, long, high)</p> <p>Show control at take-off and landing in jumping activities.</p> <p>Choose the best pace for a running event.</p> <p>Identify good athletic performance and explain why it is good.</p> <p>Take on the role of coach, official and timer when working in a group.</p> <p>Understand how stamina and power help people to perform well in different athletic activities.</p> <p>Use feedback to improve my sprinting technique.</p> <p>I persevere to achieve my personal best</p>
Year 6	<p>Show accuracy and good technique when throwing for distance</p> <p>Perform a range of jumps showing some technique (standing, long, high)</p> <p>Compete within the rules showing fair play and honesty.</p> <p>Assist others to improve their technique using key teaching points.</p> <p>Identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>Select and apply the best pace for a running event.</p> <p>Understand that there are different areas of fitness and how this helps me in different activities.</p> <p>Use different strategies to persevere to achieve my personal best.</p>