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|  | Year 1 | Year 2 |
| Aim of Athletics | Children will explore the FMS of running, jumping and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. In all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy. | |
| Progression of performance Skills | Perform fundamental movement skills at a developing level | Perform fundamental movement skills at a developing level and start to master some basic movements |
| Developing physical skills over a 2 year cycle | * Running * Hopping * Rolling a ball * Jumping * Underarm throw * Overarm throw * Push throw * Jumping for distance | |
| Application of skills through core tasks | The Honey pot Core task involves children running in different directions to pick up objects as quickly as they can.  The Colour match core task involves children throwing different pieces of equipment as accurately as possible in order to hit targets. | |
| Character education |  |  |

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|  | Year ¾ | Year5/6 |
| Aim of Athletics | Children should concentrate on developin good basic running, jumping and throwing techniques. They will be set challeneges for distance and time that involve using different styles and combinations of running, jumping and throwing. Children will develop their technical understanding across all areas of athletics. They will also be encouraged to take more responsibility for designing, organising and judging athletic events. | Children will focus on developing their technical understanding of athletioc activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.  In running evets, they will run further in both sprints and distance runs. In throwing events, they may throw heavier, larger implements (although modified equipment will still be used with most of the children) In jumping events, they will explore how their run-up affects jumping for height and length |
| Progression of performance Skills | Master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy | Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed |
| Developing physical skills over a 2 year cycle | Throwing – push/ pull and sling  Hop step and jump  Combination of jumping actions | Throwing- push pull sling and heave  Jumping and landing in different ways  Running for short and long distances  Passing a baton in a relay |
| Application of skills through core tasks | Take Aim- This core task involves children trying to score as many points as possible by throwing different pieces of equipment at targets using sling, push and pull throws  Furthest five – children use a run up and perform the 5 basic jumps consecutively to reach the furthest distance possible. The children groups of 3: a jumper, a measurer and a coach.  Pass the baton – children run in a relay and try to complete as many laps of the track as possible in 3 minutes. | Three run – childfren select ways of running as far as possible for 3 different time lengths  Three jumps – children select and perform three consecutive jumps with the aim of travelling as far as possible.  Three throws – children try to score as many points as possible by throwing different pieces of equipment for distance using 3 different types of throws. |
| Character education | Resilience , evaluation, self motivation and determination | |