



Progression in PE

Fundamentals

Athletics

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<i>Practicing the skills</i>	<i>Taking part in the game Applying the skills Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Y1	<p>Recognise successful and unsuccessful techniques.</p> <p>Show understanding of the correct running technique.</p> <p>Develop the overarm throw technique, throwing accurately towards a target.</p> <p>Practice the underarm throw technique, aiming towards a target showing increased control.</p> <p>Show a basic level of control, coordination and consistency when running.</p> <p>Explore and practice a variety of movements including running, jumping, and throwing techniques.</p> <p>Experiment with different jumping techniques, showing control, coordination, and consistency throughout.</p>	<p>Show good teamwork and sportsmanship when taking part in competitive throwing.</p>		<p>Coordination</p> <p>Movement</p> <p>Aim</p> <p>Throw</p> <p>Landing</p> <p>Teamwork</p> <p>Measure</p> <p>Target</p> <p>Balance</p> <p>Improve</p> <p>Measure</p> <p>Jump</p>

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Y2	<p>Understand the variety of correct running techniques.</p> <p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p> <p>Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</p> <p>Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.</p> <p>Begin to show control, coordination, and consistency when running at speed. Develop a range of jumping techniques.</p> <p>Develop the underarm and pull throw technique.</p>	<p>Begin to evaluate and improve own performance.</p>		<p>Challenge</p> <p>Running</p> <p>Landing</p> <p>Aim</p> <p>Coordination</p> <p>Movement</p> <p>Balance</p> <p>Teamwork</p> <p>Relay</p> <p>Improve</p> <p>Target</p> <p>Speed</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y3	<p>Understand the pace judgement when running over an increased distance.</p> <p>Apply and develop a broad range of athletic skills in different ways.</p>	<p>Recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance.</p> <p>Enjoy competing with others.</p>	<p>Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.</p>	<p>Develop</p> <p>Experiment</p> <p>Distance</p> <p>Combination</p> <p>Balance</p> <p>Coordination</p> <p>Movement</p> <p>Distance</p> <p>Pull</p> <p>Target</p>

	<p>Show control, coordination and consistency when running, throwing, and jumping.</p> <p>Choose the appropriate running speed to meet the demand of the task.</p>			<p>Technique</p> <p>Accelerate</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y4	<p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <p>Perform a throwing technique with control, coordination, and consistency.</p>	<p>Learn how to evaluate and recognise their own success.</p> <p>Perform competitively with others.</p>	<p>Devise suitable warm-up activities for the upcoming activities.</p> <p>Describe how their bodies feel when exercising and further understand the link between heart rate and breathing during exercise.</p>	<p>Develop</p> <p>Distance</p> <p>Accelerate</p> <p>Personal best</p> <p>Coordination</p> <p>Movement</p> <p>Push/ pull</p> <p>Pace</p> <p>Exchange</p> <p>Timing</p> <p>Communication</p> <p>Triple jump</p>
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Y5	<p>Choose the appropriate speed to run at for the distance to be covered.</p> <p>Run, jump, catch, and throw in isolation and combination.</p> <p>Combine and perform skills with control.</p>	<p>Communicate, collaborate, and compete with others. Working effectively as part of a team.</p>	<p>Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.</p>	<p>Pace</p> <p>Personal best</p> <p>Push/ pull</p> <p>Discus</p> <p>Record</p> <p>Timer</p> <p>Run up</p> <p>Olympics</p>

	Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.		Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles	
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Y6	<p>Understand appropriate pace judgement for the running distance to be covered.</p> <p>Understand the appropriate throwing and jumping technique to achieve maximum distance and height.</p> <p>Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</p> <p>Successfully run, jump, and throw in isolation and in combination - applying appropriate techniques to achieve personal bests.</p>	<p>Share and discuss athletic techniques with others.</p> <p>Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Work effectively as part of a team.</p>	<p>Be able to describe the importance of being physically fit.</p> <p>Explain how their body reacts and feels when taking part in different activities and undertaking different roles.</p>	<p>Evaluate</p> <p>Feedback</p> <p>Power</p> <p>Cooperate</p> <p>Fling</p> <p>Olympics</p> <p>Run Up</p> <p>Compare</p>