Progression of skills and knowledge in Physical Education - Athletics

Foundation Stage

Negotiate space and obstacles safely, with consideration for themselves and others. (Gross motor skills)
Demonstrate strength, balance and coordination when playing. (Gross motor skills)
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (Gross motor skills)
Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. (Self regulation)
Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. (Self regulation)
Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (Managing self)

Y1/2

I know that there is a difference in technique between sprinting and running over longer distance.
I know that there is control and coordination needed when running.
I know how to apply basic athletic skills and techniques to a variety of activities.
I know how to practise different jumping techniques, showing control, coordination, and consistency throughout.
I know how to run, jump, balance, hop, leap, and skip.
I know how to throw underarm. (Y1)
I know how to throw overarm, underarm and pull throw towards a target.
I know how to run, jump, and throw with increasing control and coordination.

Y3/4

I know that there is pace judgement needed when running over an increased distance.
I know when to choose appropriate running speeds to meet the demand of the task.
I can take part in a relay. (Y3)
I can run over a distance. (Y4)
I can sprint over a short distance. (Y4)
I know how to apply a broad range of athletic skills in different ways.
I know how to show control, coordination and consistency when running, throwing, and jumping.
I can throw in different ways. (Y4)
I know how to combine basic jump actions to form a jump combination, using a controlled jumping technique.
I can jump in different ways. (Y4)

Y5/6

I know that there is a range of throwing actions eg push, pull, sling, using different equipment.
I know when to apply appropriate pace judgement for the running distance to be covered.
I know when to apply the appropriate throwing and jumping technique to achieve maximum distance and height.
I show control when taking off and landing. (Y5)
I know how to run, jump, catch and throw in isolation and combination.
I can throw with accuracy. (Y5)
I know how to combine and perform skills with control.
I know how to apply skills that meet the needs of the situation, combining and performing each skill with control at speed.
I know how to choose the appropriate speed to run at for the distance to be covered.