

## ATHLETICS– development of skills linked to the core assessment tasks

<b>National Curriculum Statements of Attainment</b>	<b>Pupils should:</b> <ul style="list-style-type: none"> <li>develop and begin to master fundamental movement skills; running, jumping, throwing</li> <li>become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations</li> <li>engage in competitive activities against self and others</li> </ul>		<b>Pupils should:</b> <ul style="list-style-type: none"> <li>learn to use a broader range of skills in isolation and combination</li> <li>enjoy competing against each other</li> <li>develop an understanding of how to improve and learn to evaluate and recognise their own success</li> <li>develop strength, technique and control</li> </ul>	
<b>Core Assessment Tasks</b>	Honey Pot	<i>Off Up &amp; Away</i> <i>Colour Match</i> Furthest Five, Pass the Baton, Take Aim, Faster, Higher, Further	Furthest Five, Pass the Baton, Take Aim, Faster, Higher, Further	Three Jump Challenge, Distance Challenge
	<b>EYFS</b>	<b>Key Stage 1</b>	<b>Lower Key Stage 2</b>	<b>Upper Key Stage 2</b>
<b>Running</b>	<ul style="list-style-type: none"> <li>Experiment with running, jumping, hopping and stopping</li> <li>Change dynamics – walk slowly/quickly</li> <li>Experience practicing actions to improve</li> <li>Move with control and co-ordination</li> <li>Combine basic actions with more advanced spatial awareness</li> </ul>	<ul style="list-style-type: none"> <li>Run for 1 minute</li> <li>Show differences in running at speed and jogging</li> <li>Use different techniques to meet challenges</li> <li>Describe different ways of running</li> <li>Explain what is successful or how to improve</li> </ul>	<ul style="list-style-type: none"> <li>Run smoothly at different speeds</li> <li>Choose different styles of running of different distances</li> <li>Pace and sustain their effort over longer distances</li> <li>Watch and describe specific aspects of running e.g. what arms and legs are doing</li> <li>Recognise and record how the body works in different types of challenges over different distances</li> <li>Carry out stretching and warm-up safely</li> <li>With guidance, set realistic targets of times to achieve over a short and longer distance</li> </ul>	<ul style="list-style-type: none"> <li>Sustain pace over longer distance – 2 minutes</li> <li>Relay change-overs</li> <li>Set realistic targets for self, of times to achieve over a short and longer distance</li> <li>Identify the main strengths of a performance of self and others</li> <li>Identify parts of the performance that need to be improved</li> <li>Perform a range of warm-up exercises specific to running for short and longer distances</li> <li>Explain how warming up affects performance</li> <li>Explain why athletics can help stamina and strength</li> </ul>
<b>Jumping</b>	<ul style="list-style-type: none"> <li>Explore the 5 basic jumps with increasing control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</li> <li>Jump over low barriers</li> <li>Challenge themselves to jump further/higher</li> </ul>	<ul style="list-style-type: none"> <li>Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</li> <li>Perform combinations of the above</li> <li>Show control at take-off and landing</li> <li>Describe different ways of jumping</li> <li>Explain what is successful or how to improve</li> </ul>	<ul style="list-style-type: none"> <li>Perform combinations of jumps e.g. hop, step, jump showing control and consistency</li> <li>Choose different styles of jumping</li> <li>Watch and describe specific aspects of jumping e.g. what arms and legs are doing</li> <li>With guidance, set realistic targets when jumping for distance for or height</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</li> <li>Set realistic targets for self, when jumping for distance for or height</li> </ul>

<b>Throwing</b>	<ul style="list-style-type: none"> <li>• Apply restrictions e.g. throwing into a specific target</li> <li>• Handle equipment safely</li> <li>• Perform basic actions using equipment e.g. rolling, underarm</li> </ul>	<ul style="list-style-type: none"> <li>• Throw into targets</li> <li>• Perform a range of throwing actions e.g. rolling, underarm, overarm</li> <li>• Describe different ways of throwing</li> <li>• Explain what is successful or how to improve</li> </ul>	<ul style="list-style-type: none"> <li>• Explore different styles of throwing e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)</li> <li>• Throw with greater control</li> <li>• Consistently hit a target with a range of implements</li> <li>• Watch and describe specific aspects of throwing e.g. what arms and legs are doing</li> <li>• With guidance, set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others</li> </ul>	<ul style="list-style-type: none"> <li>• Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus</li> <li>• Organise small groups to SAFELY take turns when throwing and retrieving implements</li> <li>• Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</li> </ul>
-----------------	--	--	--	--