

**PE - ATHLETICS – Progression of Skills (Based on Durham Sports Partnership Progression Documents)**

	<b>By the end of Year 2 children should be able to:</b>	<b>By the end of Year 4 children should be able to:</b>	<b>By the end of Year 6 children should be able to:</b>
<b>Running</b>	<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 warmup 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>• 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>• 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) Throw with greater control 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 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>