

# PE at Alexandra Primary School: Athletics

## Year 2

- Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination.
- Develop the following skills with increasing accuracy and velocity:
  - Explore and throw a variety of objects with one hand.
  - Jump from a stationary position with control.
- Change speed and direction whilst running.

## Year 3

- Run at fast, medium and slow speeds.
- Use different take off and landings when jumping.
- Develop jumping for distance and height.
- Take part in a relay activity, remembering when to run and what to do.
- Throw a variety of objects, changing my action for accuracy and distance.
- Record my distances, numbers and times.
- Throw with some accuracy and power into a target area.

## Year 4

- Demonstrate the difference between sprinting and running over varying distances.
- Demonstrate different throwing techniques.
- Jump for distance and height with control and balance.

## Year 1

- Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination.
- Develop the following skills with increasing accuracy and velocity:
  - Explore and throw a variety of objects with one hand.
  - Jump from a stationary position with control.
  - Change speed and direction whilst running.

## Year 5

- Choose the best pace for a running event.
- Perform a range of jumps showing some technique.
- Show control at take-off in jumping activities.
- Show accuracy and good technique when throwing for distance.
- Understand how stamina and power help people to perform well in different athletic activities.
- Lead a partner through short warm-up routines.

## Early Years

- Learn skills of running, jumping and throwing with a range of equipment.
- Vary speed of running based on commands given.
- Use comparative language
- i.e. faster, longer, and be able to physically demonstrate this.

## Year 6

- Select and apply the best pace for a running event.
- Exchange a baton with success.
- Perform jumps for height and distance using good technique.
- Show accuracy and good technique when throwing for distance.
- Lead a small group through a short warm-up routine.



Aspire

The learning doesn't stop here!

GO

