



National Curriculum: Progression in P.E. (Games/Athletics)

GILES BROOK SCHOOL

Games and Athletics

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Pupils should be taught to:</p> <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activitiesparticipate in team games, developing simple tactics for attacking and defendingperform dances, using simple movement patterns	<p>Pupils should be taught to:</p> <ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingdevelop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]perform dances using a range of movement patternstake part in outdoor and adventurous activity challenges both individually and within a teamcompare their performance with previous ones and demonstrate improvement to achieve their personal best				
Games	<p>Practise different skills associated with simple games (e.g. co-ordinating throwing and catching)</p> <p>Work co-operatively in partners and small groups</p>	<p>Practise different skills associated with simple games (e.g. co-ordinating throwing and catching)</p> <p>Work co-operatively in teams</p>	<p>Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy)</p> <p>Apply basic principles of attacking and defending</p> <p>Work well as a team in competitive games</p>	<p>Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy)</p> <p>Apply basic principles of attacking and defending</p> <p>Work well as a team in competitive games - develop an understanding of fair play (respect team-mates and opponents)</p>	<p>Develop techniques of a variety of skills to maximise team effectiveness</p> <p>Use the skills e.g. of throwing and catching to gain points in competitive games (fielding)</p> <p>Use tactics when attacking or defending</p>	<p>Develop techniques of a variety of skills to maximise team effectiveness</p> <p>Use the skills e.g. of throwing and catching to gain points in competitive games (fielding)</p> <p>Use tactics when attacking or defending</p>

					<i>Apply rules of fair play to competitive games</i>	<i>Apply rules of fair play to competitive games</i>
Athletics Running	<p><i>Run for 1 minute</i></p> <p><i>Describe different ways of running</i></p> <p><i>Demonstrate differences in speeds of running</i></p>	<p><i>Run for at least 1 minute</i></p> <p><i>Show differences in running at speed and jogging</i></p> <p><i>Use different techniques to meet challenges</i></p> <p><i>Describe different ways of running</i></p>	<p><i>Run smoothly at different speeds</i></p> <p><i>Choose different styles of running of different Distances</i></p> <p><i>Watch and describe specific aspects of running (e.g. what arms and legs are doing)</i></p> <p><i>Recognise and record how the body works in different types of challenges over different distances</i></p> <p><i>Carry out stretching and warm-up safely</i></p>	<p><i>Run smoothly at different speeds</i></p> <p><i>Choose different styles of running of different Distances</i></p> <p><i>Pace and sustain their effort over longer distances</i></p> <p><i>Recognise and record how the body works in different types of challenges over different distances</i></p> <p><i>Carry out stretching and warm-up safely</i></p> <p><i>Set realistic targets of times to achieve over a short and longer distance (with guidance)</i></p>	<p><i>Sustain pace over longer distance – 2 minutes</i></p> <p><i>Perform relay change-overs</i></p> <p><i>Identify the main strengths of a performance of self and others</i></p> <p><i>Identify parts of the performance that need to be improved</i></p> <p><i>Perform a range of warm-up exercises specific to running for short and longer distances</i></p> <p><i>Explain how warming up affects performance</i></p> <p><i>Set realistic targets for self, of times to achieve over a short and longer distance</i></p>	<p><i>Sustain pace over longer distance – 2 minutes plus</i></p> <p><i>Perform relay change-overs</i></p> <p><i>Identify the main strengths of a performance of self and others</i></p> <p><i>Identify parts of the performance that need to be improved</i></p> <p><i>Perform a range of warm-up exercises specific to running for short and longer distances</i></p> <p><i>Explain how warming up affects performance</i></p> <p><i>Explain why athletics can help stamina and strength</i></p> <p><i>Set realistic targets for self, of times to achieve over a short and longer distance</i></p>

Athletics Jumping	<p><i>Explore jumping (2-2. 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</i></p> <p><i>Show control at take-off</i></p> <p><i>Describe different ways of jumping and recognise a jump that works well</i></p>	<p><i>Perform the 5 basic jumps (2-2. 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</i></p> <p><i>Perform combinations of the above</i></p> <p><i>Show control at take-off and landing</i></p> <p><i>Describe different ways of jumping</i></p> <p><i>Explain what is successful or how to improve</i></p>	<p><i>Perform combinations of jumps e.g. hop, step, jump</i></p> <p><i>Choose different styles of jumping</i></p> <p><i>Watch and describe specific aspects of jumping e.g. what arms and legs are doing</i></p>	<p><i>Perform combinations of jumps e.g. hop, step, jump showing control and consistency</i></p> <p><i>Choose different styles of jumping</i></p> <p><i>Watch and describe specific aspects of jumping e.g. what arms and legs are doing</i></p> <p><i>Set realistic targets when jumping for distance for or height (with guidance)</i></p>	<p><i>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</i></p> <p><i>Set realistic targets for self, when jumping for distance or height</i></p>	<p><i>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</i></p> <p><i>Set realistic targets for self, when jumping for distance or height</i></p>
Athletics Throwing	<p><i>Throw into targets</i></p> <p><i>Experiment with throwing actions e.g. rolling, underarm, overarm</i></p>	<p><i>Perform a range of throwing actions e.g. rolling, underarm, overarm</i></p> <p><i>Describe different ways of throwing</i></p> <p><i>Explain what is successful or how to improve</i></p>	<p><i>Throw with greater control</i></p> <p><i>Consistently hit a target with a range of implements</i></p> <p><i>Watch and describe specific aspects of throwing (e.g. what arms and legs are doing)</i></p>	<p><i>Explore different styles of throwing, e.g. pulling, pushing and slinging (to prepare for javelin, shot and discuss)</i></p> <p><i>Set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others (guidance)</i></p>	<p><i>Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discuss</i></p> <p><i>Organise small groups to SAFELY take turns when throwing and retrieving implements</i></p> <p><i>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</i></p>	<p><i>Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discuss</i></p> <p><i>Organise small groups to SAFELY take turns when throwing and retrieving implements</i></p> <p><i>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</i></p>