

LILY LANE PE SKILLS PROGRESSION Key Stage 2 Athletics

Children can;

YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Run at fast, medium and slow speeds.</p> <p>Use different take off and landings when jumping</p> <p>Develop jumping for distance and height.</p> <p>Take part in a relay activity, remembering when to run and what to do</p> <p>Throw a variety of objects, changing the action for accuracy and distance</p> <p>Record distances, numbers and times</p> <p>Jump from a standing position</p> <p>Perform a variety of throws with basic control</p>	<p>Demonstrate the difference between sprinting and running over varying distances</p> <p>Run for short distances and times and for longer distances and times</p> <p>Keep a steady pace</p> <p>Demonstrate different throwing techniques</p> <p>Jump for distance and height with increasing control and balance</p> <p>Throw with some accuracy and power into a target area</p> <p>Identify and describe elements of performance and technique which are effective</p>	<p>Choose the best pace for a running event.</p> <p>Perform a range of jumps showing some technique.</p> <p>Show control at take-off in jumping activities.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Understand how stamina and power help people to perform well in different athletic activities.</p> <p>Lead a partner through short warm-up routines</p> <p>Show improvement in accuracy and confidence in throwing activities</p> <p>Develop description athletic performance using correct vocabulary</p> <p>Can use equipment safely with good control.</p>	<p>Select and apply the best pace for a running event.</p> <p>Exchange a baton with relative success.</p> <p>Perform jumps for height and distance using good technique.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Can perform a standing jump with more than one component. e.g. hop skip jump (triple jump)</p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Demonstrate accuracy and confidence in throwing activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely with good control.</p>