

CAPTAIN WEBB PRIMARY SCHOOL

Athletics - National Curriculum coverage.

EYFS

- Negotiate space and obstacles safely with consideration for themselves and others.
- Move energetically such as running, jumping, and climbing.
- Demonstrate strength, balance and coordination when playing.

Key stage 1

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and coordination, and begin to apply these in a range of activities.

Key stage 2

- Use running and jumping in isolation and combination.
- Develop flexibility, strength, technique, control, and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

3 Pillars of PE

Rules strategies and Tactics

Motor Competence

Healthy Participation

Declarative Knowledge	EYFS			KS1		KS2			
	Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Running I know that using the whole of my foot will help me run on different surfaces.</p> <p>Throwing I know that I use my hands to throw.</p> <p>Jumping I know that if I bend my knees, it will make jumping easier.</p>	<p>Running I know that I need to look to see where I am running.</p> <p>Hurdles I know that avoiding obstacles will help me run faster.</p> <p>Throwing I know that I need to put my hands above my head to throw a large ball.</p>	<p>Running I know that my eyes should be focused straight ahead of me to run in a straight line.</p> <p>Throwing I know that you use one hand to throw a foam javelin.</p>	<p>Running I know that I must stay in my lane when running in a race.</p> <p>Hurdles I know that I jump off the ground with one foot.</p> <p>Relay I know that in a relay race each member of the team completes their leg.</p> <p>Throwing I know that the shot is held at the base of my fingers.</p> <p>I know that I use the palm of my hand to grip the javelin and hold it in the middle.</p> <p>Jumping I know I need to jump from bent knees and swing my arms to help me jump forwards.</p> <p>Health and fitness I know that my body can feel hotter after an activity.</p>	<p>Running I know that slicing through the air with my hands will help my sprinting technique.</p> <p>Hurdles I know that I need to bring my leading leg up quickly and point it towards the hurdle.</p> <p>Relay I know that after I finish my leg, I then pass the baton onto the next runner on my team.</p> <p>Throwing I know that I hold the shot into my neck with the palm pointing towards the throwing direction.</p> <p>I know that the palm of my hand faces up and my arm needs to be straight.</p> <p>Jumping I know that I need to land with bent legs and feet together in unison.</p> <p>Health and fitness I know that my body can sweat and feel hotter during and after an activity.</p>	<p>Running I know swinging my arms from my 'hip to lip' will help my sprinting technique.</p> <p>Hurdles I know that I plant my lead leg after the hurdle and pull my trail leg through.</p> <p>Relay I know that before I receive the baton, I need to extend my arm parallel to the ground. (Push pass)</p> <p>Throwing I know that my trail leg should be bent so that I am in a low position before I throw.</p> <p>I know that the nose of javelin faces with the direction of travel with an incline.</p> <p>Jumping I know that a short running approach will increase the distance of my jump.</p> <p>I know that triple jump consists of a hop, skip and a jump.</p> <p>I know that the leg closest to the mat goes over the bar first.</p> <p>Health and fitness I know that warming up and cooling down can prevent injury.</p>	<p>Running I know that swinging my opposite arm to leg will help me sprint faster.</p> <p>Hurdles I know keeping my stride length the same will help me complete the race faster.</p> <p>Relay I know that I need to pass the baton to the next runner within the exchange zone.</p> <p>Throwing I know that twisting around quickly leading with my elbow will help my technique.</p> <p>I know that I stand sideways with the weight on my back foot.</p> <p>Jumping I know that sprinting in my approach will give me momentum to jump further.</p> <p>I know that if you step over the foul line on your take off your jump is illegal.</p> <p>I know that your lead leg is bent as you lift it over the bar.</p> <p>Health and fitness I know that exercise helps your heart work more efficiently and improves your strength and endurance.</p>	<p>Running I know that pushing my knees forward and bringing them up high will help me sprint faster.</p> <p>Hurdles I know the number of strides I use between each hurdle should be the same.</p> <p>Relay I know that I need to receive the baton with my hand open and thumb pointing down. (Push pass)</p> <p>Throwing I know that the shot is pushed away from the neck, and I need to keep my elbow high.</p> <p>I know that as I pull the javelin through the weight transfers from my back foot to my front foot.</p> <p>Jumping I know that the hitch kick flight technique will help me maintain balance in the air.</p> <p>I know that after you get your lead leg over the bar it should straighten.</p> <p>Health and fitness I know that increasing the tempo of an exercise can increase the heart rate.</p>	<p>Running I know having a longer stride will help me cover more distance.</p> <p>Hurdles I know that alternating leading and trailing both legs will help me complete the race faster.</p> <p>Relay I know that if the baton is dropped or not exchanged within the zone the team is disqualified from the race.</p> <p>Throwing I know that the shot-put throw should be finished with a flip of the wrist.</p> <p>I know that as the javelin is released with a step through.</p> <p>Jumping I know the hitch kick flight technique will help my torso stay upright during the flight</p> <p>I know that swinging the arms into the air at take-off provides additional upwards momentum.</p> <p>Health and fitness I know the tempo of a cool down needs to gradually decrease to slow down the heart rate. I know that exercise helps your heart work more efficiently, so you have more energy.</p>

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Procedural Knowledge	<p>Running I can begin to run on different surfaces.</p>	<p>Running I can run around without bumping into someone.</p>	<p>Running I can run in a straight line.</p>	<p>Running I can run in a straight line for 20 metres.</p>	<p>Running. I can sprint for 40 metres.</p>	<p>Running I can sprint for 50 metres.</p>	<p>Running I can sprint for 60 metres.</p>	<p>Running I can sprint for 70 metres.</p>	<p>Running I can sprint for 80 metres.</p>
	<p>Hurdles I can adjust my speed and direction to avoid obstacles.</p>	<p>Hurdles I can adjust my speed and direction to jump over obstacles.</p>	<p>Hurdles I can adjust my speed and direction to jump over obstacles.</p>	<p>Hurdles I can run in a straight line and jump over some obstacles.</p>	<p>Hurdles I can sprint and jump over hurdles for 40 metres.</p>	<p>Hurdles I can sprint and jump over hurdles for 50 metres.</p>	<p>Hurdles. I can sprint and jump over hurdles for 60 metres.</p>	<p>Hurdles I can sprint and jump over hurdles for 70 metres.</p>	<p>Hurdles I can sprint and jump over hurdles for 80 metres.</p>
<p>Relay I can take a beanbag and drop it into a hoop to signal the next member of my team to start running.</p>	<p>Relay I can run a relay race over 40 metres.</p>	<p>Relay I can run a relay race over 80 metres.</p>	<p>Relay I can run a relay race over 100 metres.</p>	<p>Relay I can run a relay race over 200 metres.</p>	<p>Relay I can run a relay race over 200 metres and exchange the batons correctly.</p>	<p>Relay I can run a relay race over 200 metres and exchange the batons correctly.</p>	<p>Relay I can run a relay race over 200 metres and exchange the batons correctly.</p>	<p>Relay I can run a relay race over 200 metres and exchange the batons correctly.</p>	
<p>Throwing I can begin to show a preference for a dominant hand when throwing.</p>	<p>Throwing I can grasp and release with two hands to throw a large ball.</p>	<p>Throwing I can show control by throwing a javelin a small distance.</p>	<p>Throwing I can throw a beanbag by pushing it upwards and away from my neck. I can throw a foam Javelin overarm.</p>	<p>Throwing I can throw a bean bag over 2 metres using the shot throw. I can throw a foam javelin at least 5 metres.</p>	<p>Throwing I can throw a shot over 1 metre. I can use previously taught knowledge to throw a foam javelin at least 8 metres.</p>	<p>Throwing I can throw a shot over 1.5 metres. I can use previously taught knowledge to throw a Turbojav at least 8 metres.</p>	<p>Throwing I can throw a shot over 2 metres. I can use previously taught knowledge to throw a Turbojav at least 10 metres.</p>	<p>Throwing I can throw a shot over 2.5 metres. I can use previously taught knowledge to throw a Turbojav at least 12 metres.</p>	
<p>Jumping I can jump forward.</p>	<p>Jumping I can jump forward a small distance.</p>	<p>Jumping I can jump forward a small distance and land with my knees bent.</p>	<p>Jumping I can jump 0.5m from a standing position.</p>	<p>Jumping I can jump 0.75m from a standing position.</p>	<p>Jumping I can jump 1m off one foot with a short approach. I can perform a standing triple jump. I can perform a scissor kick in high jump to get over the bar.</p>	<p>Jumping I can jump 1.5m off one foot with a short approach. I can perform a standing triple jump over 1 metre. I can perform a scissor kick in high jump from an angled approach to get over the bar.</p>	<p>Jumping I can jump 2m off one foot with a long approach. I can perform a successful triple jump over 1.5 metres with a short approach. I can perform a successful high jump of 0.5 metres.</p>	<p>Jumping I can jump 2.5m off one foot using a sail/hitch flick technique and with a long approach. I can perform a successful triple jump over 2 metres with a long approach. I can perform a successful high jump of 0.5 metres.</p>	
<p>Health and fitness I can show an increasing desire to be independent, such as wanting to dress or undress.</p>	<p>Health and fitness I can become increasingly independent as I get dressed and undressed.</p>	<p>Health and fitness I can get changed into my PE kit.</p>	<p>Performance I can use the skills and rules I have learned to take part in an intra competition.</p>	<p>Performance I can use the skills and rules I have learned to take part in an intra competition.</p>	<p>Performance I can use the skills and rules I have learned to take part in an intra competition.</p>	<p>Performance I can use the skills and rules I have learned to take part in an intra competition.</p>	<p>Performance I can use the skills and rules I have learned to take part in an intra competition.</p>	<p>Performance I can use the skills and rules I have learned to take part in an intra competition.</p>	
<p>Evaluating I can try to beat a personal best</p>	<p>Evaluating I can try to beat a personal best</p>	<p>Evaluating I can try to beat a personal best</p>	<p>Evaluating I can compare a previous performance and achieve a personal best.</p>	<p>Evaluating I can compare a previous performance and achieve a personal best.</p>	<p>Evaluating I can compare a previous performance and achieve a personal best.</p>	<p>Evaluating I can compare my performance to a previous one and demonstrate improvement to achieve a personal best.</p>	<p>Evaluating I can compare my performance to a previous one and demonstrate improvement to achieve a personal best.</p>		
Vocabulary									
<p>Running Surface Hands Throw Bend Knees Jump</p>	<p>Look Obstacles Faster Large ball above</p>	<p>Focus Straight Foam javelin</p>	<p>lane race one foot leg relay shot base fingers palm grip middle swing arms body hotter personal best</p>	<p>Slice Sprinting technique Leading leg Point Towards Pass Baton Faces Straight Land Unison Sweat</p>	<p>Hip to lip Plant Trail leg Receive Extend Parallel Push pass Low position Nose Direction Incline Approach Increase Distance Triple jump Hop, skip and a jump. Warming up Cooling down Prevent injury.</p>	<p>Opposite Stride length Exchange zone Twisting Sideways Back foot Momentum Foul line Illegal Exercise Heart Efficiently Strength Endurance</p>	<p>Pushing Between Pushed away Hitch kick Tempo Heart rate Increase</p>	<p>Cover Disqualified Alternating Flip Step through Take off Gradually Decrease More energy</p>	

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