Athletics (PE) Learning Journey

- Personal Skills
- Team Skills
- Evaluating and Improving

YEAR 6

Thoroughly evaluate their own and other work, suggesting appropriate ways to improve.

Jumps, take off and landings consistently demonstrate control, power and accuracy.

Consistently use upper and lower body effectively to generate power when jumping to generate height/distance.

Adapt techniques to improve distance/height.

Set up jumps and measure distance/height jumped with accuracy and confidence.

Demonstrate good, accurate throwing techniques for: javelin, shotput and discus.

Give accurate feedback to help others improve their performance and technique when running.

Speed up and slow down smoothly.

Change direction quickly with confidence and control.

Jump with control and accuracy.

Run over hurdles demonstrating good rhythm and speed and develop lead leg technique.

Cooperate well with team during relays, consistently and smoothly exchanging the baton at speed.

Demonstrate a good understanding of why pacing is important and choose the best pace to sustain running for longer periods.

Accurately mark a sprint start and use it to gain power.

YEAR 5

Evaluate their own and others work, suggesting appropriate ways to improve.

Jumps, take offs and landings are consistently controlled and accurate.

Choose the best jumps and techniques to improve distance/height.

Demonstrate with increasing accuracy throwing techniques for: javelin, shotput and discus.

Run over hurdles at speed and often take off from preferred leg.

Explain what skills or techniques they used and why.

Jump with control and accuracy.

Use upper and lower body effectively to generate height/distance.

Measure distance/height jumped with accuracy.

Measure and record the distance of their throws.

Cooperate well with team during relays using efficient baton exchanges at speed.

Explain what I need to do with my body to generate and maintain speed and apply this.

Explain what skill or techniques they used.

Use feedback and evaluations to improve skills and techniques.

Demonstrate throwing techniques for: javelin, shotput and discus.

Begin to measure distance jumped.

Consistently demonstrate control when taking off and landing from 1 and 2 feet.

Demonstrate a good understanding of why pacing is important and apply this to sustain running for longer periods.

Speed up and slow down smoothly.

Evaluate their own and others work using criteria and give ideas for improvements.

Use upper and lower body effectively to generate power when jumping to generate height/distance.

Jump with control and accuracy.

YEAR 4

Use different techniques to throw with accuracy over different distances.

Identify their own strengths and say what they find more difficult. Begin to use feedback and evaluations to improve skills and techniques.

Demonstrate an understanding of how to adjust pace/speed to suit distance and sustain running for longer periods.

Choose the best jumps to improve distance.

Show improved control when taking off and landing from 1 and 2 feet.

Copy short sequences of linked jumps.

Jump with control and accuracy.

Pass batons effectively to team members when travelling in relays.

Use upper and lower body effectively to generate power when jumping to generate height/distance.

Choose the best jumps to improve distance.

Evaluate their own and others work using criteria.

Change direction quickly with control.
Speed up and slow down smoothly.

Use body effectively to run for speed and identify good techniques when running.

Cooperate well with team during relays, using baton exchanges at speed.

Use body effectively to run for speed.

Identify key points to improve technique when running.

Begin to evaluate their own and others work using criteria.

Repeat short sequences of linked jumps.

Understand the importance of adjusting pace/speed to suit distance so can run for longer periods of time without stopping.

Use body effectively to generate height/distance when jumping.

Run at different speeds and change direction with greater control and consistency.

Use different techniques to throw with some accuracy over different distances.

Investigate the best jumps to cover distance.

YEAR 3

Describe what they have done or seen others doing.

Begin to improve the distance they can throw by using more power.

Copy throwing techniques with some accuracy.

Begin to select the most suitable pace and speed for different distances.

Land safely when jumping.

Copy jumps from 2 feet to 2 feet, from 1 foot to 2 feet and from 2 feet to 1 foot.

Copy jumps with greater control and accuracy.

Run at different speeds and change direction with control and consistency.

Take part in relays and obstacle courses.

Begin to use body more effectively to generate height/distance when jumping.

Run in different directions at different speeds.

Land safely when jumping

Jump and land on feet.

Explore jumping for distance.

Jump on and off lines, in and out of hoops.

Adjusting speed or direction to avoid obstacles.

YEAR 2

Copy different ways of running for distance.

Copy different ways of running for speed.

Throw at targets from close range.

Throw using 1 and 2 hands.

Explore jumping for height.

Move at different speeds with control and co-ordination.

Negotiate spaces.

YEAR 1

Reception