Athletics (PE) Learning Journey

Class 4

- 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.
- Thoroughly evaluate their own and other work, suggesting appropriate ways to improve.
- 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.
- 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.
- Evaluate their own and others work, suggesting appropriate ways to improve.
- 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.
- Show improved control when taking off and landing from 1 and 2 feet.
- Copy short sequences of linked jumps.
- 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.
- Jump with control and accuracy.
- Pass batons effectively to team members when travelling in relays.
- Use body effectively to run for speed.
- 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.
- Identify key points to improve technique when running.
- Begin to evaluate their own and others work using criteria.
- Repeat short sequences of linked jumps.
- Use body effectively to generate height/distance when jumping.
- Understand the importance of adjusting pace/speed to suit distance so can run for longer periods of time without stopping.
- 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.
- Copy throwing techniques with some accuracy.
- Begin to improve the distance they can throw by using more power.
- Describe what they have done or seen others doing.
- 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.
- Run at different speeds and change direction with control and consistency.
- Take part in relays and obstacle courses.
- Copy jumps with greater control and accuracy.
- Run in different directions at different speeds.
- Begin to use body more effectively to generate height/distance when jumping.
- Land safely when jumping
- Jump on and off lines, in and out of hoops.
- Explore jumping for distance.
- Jump and land on feet.
- Adjusting speed or direction to avoid obstacles.
- 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.

Class 3

Class 2

Reception