PE Curriculum Journey

Athletics

Reception

I can jump and land safely.

I can jump by swinging my arms and bending my knees.

I can move safely into a space during a game, avoiding other children.

Year 1

I can run by pumping my arms, using the balls of my feet and looking ahead.

I can jump skip with a step hop action , swinging by arms.

I know to change speed when running in a game.

Year 2

I can use jumping in a game and link jumps together.

I can use the correction technique for dodging, keeping my head up with a low body position.

Year 3

I can accelerate at the start of a race and then run for speed using my arms and balls of my feet.

I can change over a baton in a relay race.
I can use the correct technique when throwing for distance.

Year 4

I can pace myself when running for distance and change my stride pattern to maintain speed in a race.

I can use my body to throw with greater distance.

I can use my body to jump as far as possible using a combination of jumps.

Year 5

I can maintain my speed until I cross over the finish line.

I can apply the correct leg and arm technique to jump further.

I can use the correct stance and well timed release to throw further.

Year 6

I can use accurate head, arm and food techniques to run faster.

I can transfer my body weight to push a shot put or throw a javelin further.

I can collaborate and always try my best in a team and competition.

Year 7

Evaluate self performance in running and jumping against previous personal bests.

Understand the main phases of throwing to continue to improve technique.