Athletics		
EYFS	KS1	KS2
Early Years Outcome Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	**KS1 National Curriculum Aims** Master basic movements including running, jumping, throwing	**KS2 National Curriculum Aims** Use running, jumping, throwing and catching in isolation and in combination.

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Preparation Warm up These skills and conversations need to happen throughout the term. Skills of Running	See development matters document for progression.	Describe how the body feels before, during and after exercise. Carry and place equipment safely. Run with basic techniques following a curved line. Run at different paces, describing the different paces. Change direction when jogging and sprinting. Vary the direction in which they are travelling.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy Identify and demonstrate how different techniques can affect their performance Focus on their arm and leg action Speed up and slow down smoothly.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down. Confidently and independently select the most appropriate pace for different distances and different parts of a run. Accelerate to pass other competitors Build up speed quickly for a sprint finish.

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Lesson 1 Development of skills	See development matters document for progression.	Use a variety of different stride lengths. Begin to select the most suitable pace and speed for distance.	Begin to combine running with jumping over hurdles. Confidently demonstrate an improved technique for sprinting	Identify their reaction times when performing a sprint start. (stop watch needed)

Running		Be able to maintain and control a run over different distances.	Perform a relay, focusing on the baton changeover technique. Develop a fluent changeover during relay.	Accelerate from a variety of different starting positions. Use their preferred leg when running over hurdles. Work as a team to competitively perform a relay.
Lesson 2 Development of skills Jumping	See development matters document for progression.	Perform different types of jumps. (two foot and one foot) Jump for distance from a standing position with accuracy and control. (ensuring bent knees) Investigate the best jumps to cover different distances. (two footed, one footed)	Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Learn how to combine a hop, step and jump to perform the triple jump. (find you tube video to support). Begin to measure the distance jumped. (Link to maths).	Develop the technique for the standing vertical jump. (find you tube video to support). Maintain control at each of the different stages of the triple jump. Develop and improve their techniques for jumping for height and distance and support others in improving their performance.
Lesson 3 Development of skills Throwing	See development matters document for progression.	- Throw overarm. (Arm goes over shoulder and ball is released into the air). Throw different types of equipment in different ways, for accuracy and distance. (football, rugby ball, soft ball, javelin). Investigate ways to alter their throwing technique to achieve greater distance.	Perform a push throw. Moving the ball from a low to high position and with body weight being transferred from the back leg to the front. Measure the distance of their throws. Use a tape measure – link to maths (can they convert the measurement? Continue to develop techniques to throw for increased distance.	Perform a fling throw. Moving the ball from a low to high position and with body weight being transferred from the back leg to the front. Develop the technique for the push, pull and fling throw and support others in improving their performance. Accurately measure and record the distance of their throws.

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Performance During every lesson **Disciplinary knowledge** - Learning the rules of games/ activities. - Being able to control emotions.	Control their body, when performing a sequence of movements. Participate in simple games.	Perform learnt skills with increasing control. Engage in competitive activities and team games. Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.	Take part in competitive games with strong understanding of tactics and composition. Perform and apply a variety of skills and techniques confidently, consistently and with precision.

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Evaluate During the end of every lesson	Talk about what they have done. Talk about what others have done.	Watch and describe performances and use what they see to improve their own performances.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	Explain why they have used particular skills or techniques, and the effect they have had on their performance.

Disciplinary knowledge -		Talk about differences between their work and that of others.	Modify their use of skills or techniques to achieve a better result.	Thoroughly evaluate their own and others work, suggesting thoughtful and appropriate improvements.

Lesson layout – This needs to be drilled in the children's and staff head of how a lesson goes.

Preparation – Warm up

Development – Learning the skills

Performance – Playing a game with the skills they have learned in that lesson.

Evaluate – What went well today?

Who is proud of what they have achieved?

What could you do next lesson?