

Athletics

Learning Outcomes				
Assessment Strand	Competent Learner	Active & Healthy Learner	Reflective Learner	Engaged Learner
Reception	<p>Move confidently and creatively with control and coordination in large and small movements</p> <p>Perform basic fundamentals of movement (ABC's) with control and confidence</p> <p>Practice a range of movements with control demonstrating balance & coordination</p> <p>Safely negotiate space both indoors and outdoors</p>	<p>Understand and explain the importance of good health, physical exercise and healthy food</p> <p>Understand and explain which activities are good for our health</p>	<p>Describe, explain and comment on their own actions and feelings</p> <p>Listen, respond to set tasks and sounds following expectations and rules</p>	<p>Communicate, select, prepare and handle appropriate resources effectively</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Play and use a range of skills cooperatively, taking turns and working together</p>
Year 1	<p>Move confidently and creatively with control and coordination in large and small movements</p> <p>Perform basic fundamentals of movement (ABC's) with control and confidence</p> <p>Practice a range of movements with control demonstrating balance & coordination</p> <p>Safely negotiate space both indoors and outdoors</p>	<p>Understand and explain the importance of good health, physical exercise and healthy food</p> <p>Understand and explain which activities are good for our health</p>	<p>Describe, explain and comment on their own and others' actions and feelings</p> <p>Listen, respond to set tasks and sounds following expectations and rules</p>	<p>Communicate, select, prepare and handle appropriate resources effectively</p> <p>Cooperate and work in small teams</p> <p>Dress and undress for PE promptly with minimum help</p> <p>Listen to others and follow instruction</p>
Year 2	<p>Demonstrate some understanding of simple tactics for attacking and defending</p> <p>Move confidently and creatively with control and coordination in large and small movements</p> <p>Perform basic fundamentals of movement (ABC's) with control and confidence</p> <p>Practice a range of movements with control demonstrating balance & coordination</p> <p>Safely negotiate space both indoors and outdoors</p>	<p>Recognise and describe how their body feels during and after activities</p> <p>Understand and explain the importance of good health, physical exercise and healthy food</p> <p>Understand and explain which activities are good for our health</p>	<p>Describe, explain and comment on their own and others' actions and feelings</p> <p>Listen, respond to set tasks and sounds following expectations and rules</p> <p>Make judgements to improve their work</p>	<p>Communicate, select, prepare and handle appropriate resources effectively</p> <p>Cooperate and work in small teams</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p>

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Assessment Strand	Competent Learner	Active & Healthy Learner	Reflective Learner	Engaged Learner
Year 3	<p>Move with confidence and creativity</p> <p>Perform fundamental movement skills in a range of activities</p> <p>Practice fundamental movement skills with control demonstrating balance, coordination & agility</p> <p>Show understanding of how strategies and tactics can improve their work</p> <p>Understanding of effective leadership</p>	<p>Recognise and describe what effects physical activity can have on the body</p> <p>Understand and explain the importance of good health, physical exercise and healthy food</p> <p>Understand and explain which activities are good for our health</p>	<p>Describe and comment on their own and others' performance with accuracy of actions</p> <p>Make judgements to improve their and others' work</p> <p>Respond to set tasks following rules and expectations</p>	<p>Demonstrate enthusiasm for PE</p> <p>Effectively communicate and collaborate with each other</p> <p>Prepare themselves for PE and Sport</p> <p>Work independently and in small teams cooperatively</p>
Year 4	<p>Confidently demonstrate creativity in their work with control</p> <p>Demonstrate how strategies and tactics can improve their work</p> <p>Demonstrate improvements to their work</p> <p>Perform fundamental movement skills in a range of activities</p> <p>Understanding of effective leadership</p>	<p>Describe why physical activity is good for health and well being</p> <p>Recognise and describe how their body feels during and after activities</p> <p>Understand how to remain active for sustained periods of time</p>	<p>Describe, explain and comment on their own and others' actions and feelings</p> <p>Make judgements to improve their and others' work</p> <p>Respond to set tasks following rules and expectations</p>	<p>Demonstrate enthusiasm for PE</p> <p>Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport</p> <p>Work independently for extended periods of time without the need for guidance</p>
Year 5	<p>Demonstrate improvements to their work</p> <p>Demonstrate originality, imagination and creativity in techniques, tactics and choreography</p> <p>Perform and link skills with control and consistency</p> <p>Perform/complete fundamental sports skills with control</p>	<p>Describe why physical activity is good for health and well being</p> <p>Understand how having high levels of fitness can improve performance</p> <p>Understand how to remain active for sustained periods of time</p>	<p>Describe and comment on their own and others' performance with accuracy of actions</p> <p>Know what has made their performance effective</p> <p>Make judgements to improve their work</p>	<p>Compete respectfully and fairly following rules</p> <p>Eagerly participate in every PE/Sport lesson</p> <p>Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport</p> <p>Work independently for extended periods of time without the need for guidance</p>
Year 6	<p>Demonstrate effective leadership</p> <p>Demonstrate improvements to their work</p> <p>Demonstrate originality, imagination and creativity in techniques, tactics and choreography</p> <p>Perform and link skills with control and consistency</p> <p>Perform/complete fundamental sports skills with control</p>	<p>Clearly understand how personal fitness can improve performance</p> <p>Demonstrate sustained levels of fitness</p> <p>Remain active for sustained periods of time</p>	<p>Consistently improve their work</p> <p>Describe and comment on their own and others' performance with accuracy of actions</p> <p>Know what has made their performance effective</p>	<p>Compete respectfully and fairly following rules</p> <p>Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other</p> <p>Work independently for extended periods of time without the need for guidance</p>

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Activity Objectives			
Focus Areas	Skills	Experience	Develop
Reception	travel, send, chase, receive, avoid, control; awareness of space and individual actions	variety of game(s) equipment, practising alone, competition, simple rules, indoor/outdoor areas	simple games, playing games alone and in pairs
Year 1	running, throwing, jumping, direction, control, accuracy	indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development	understanding of safe practice linked to the activities
Year 2	running, throwing, jumping, direction, control, accuracy and distance	indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development	understanding of safe practice linked to the activities
Year 3	running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance	outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques	understanding of safe practice linked to activities, comparing and improvement of own performance
Year 4	running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance	outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques	understanding of safe practice linked to activities, comparing and improvement of own performance
Year 5	running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed	outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques	understanding of safe practice linked to activities, comparing and improving own performance
Year 6	running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed	outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques	understanding of safe practice linked to activities, comparing and improving own performance