

Holly Park School Physical Education : Athletics Progression Of Skills

Year Group	Physical Me: (Skills) To become more physically skilful and competent <i>in athletic activities including running, jumping and throwing.</i>	Creative Me: (Applying skills) To become better at making decisions independently and with others <i>about what style of running, jumping and throwing they need to choose for a particular challenge.</i>	Healthy Me: (Healthy lifestyles) To take part in a more physically active and healthy lifestyle <i>through increased health, fitness, confidence, motivation, knowledge and understanding.</i>	Thinking Me: (Evaluation) To be able to peer and self assess <i>to bring about improvement in myself and others.</i>
6	<p>I can sustain pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes.</p> <p>I can throw with greater control, accuracy and efficiency.</p> <p>I can perform a range of jumps showing power, control and consistency at both take-off and landing.</p>	<p>I can organise myself and others in small groups safely, and take turns and different roles.</p> <p>I know and understand the basic principles of relay take-overs.</p> <p>I can take part well in a relay event.</p>	<p>I can perform a range of warm up activities.</p> <p>I can explain how warming up can affect my performance.</p> <p>I can say why some athletics activities can improve strength, power or stamina, and explain how these can help their performance in other types of activity.</p>	<p>I can watch a partner's athletic performance and identify the main strengths.</p> <p>I can identify parts of the performance that need to be practised and refined, and suggest improvements.</p>
5	<p>I can sustain pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes.</p> <p>I can throw with greater control, accuracy and efficiency.</p> <p>I can perform a range of jumps showing power, control and consistency at both take-off and landing.</p>	<p>I can organise myself and others in small groups safely, and take turns and different roles.</p> <p>I know and understand the basic principles of relay take-overs.</p> <p>I can take part well in a relay event.</p>	<p>I can perform a range of warm up activities.</p> <p>I can explain how warming up can affect my performance.</p> <p>I can say why some athletics activities can improve strength, power or stamina, and explain how these can help their performance in other types of activity.</p>	<p>I can watch a partner's athletic performance and identify the main strengths.</p> <p>I can identify parts of the performance that need to be practised and refined, and suggest improvements.</p>
4	<p>I can run consistently and smoothly at different speeds.</p> <p>I can demonstrate different combinations of jumps, showing control, coordination and consistency.</p> <p>I can throw a range of implements into a target area with consistency and accuracy.</p>	<p>I can recognise that there are different styles of running, jumping and throwing, and that I need to choose the best for a particular challenge and type of equipment.</p> <p>I can pace my effort well in different types of event so that I can keep going steadily and maintain the quality of my action.</p>	<p>I can identify and record when my body is cool, warm and hot.</p> <p>I can recognise and record that my body works differently in different types of challenge and event.</p> <p>I can carry out stretching and warm-up activities safely.</p>	<p>I can watch and describe specific aspects of running, jumping and throwing styles.</p> <p>I can suggest, with guidance, a target for improving distance or height.</p>
3	<p>I can run consistently and smoothly at different speeds.</p> <p>I can demonstrate different combinations of jumps, showing control, coordination and consistency.</p> <p>I can throw a range of implements into a target area with consistency and accuracy.</p>	<p>I can recognise that there are different styles of running, jumping and throwing, and that I need to choose the best for a particular challenge and type of equipment.</p> <p>I can pace my effort well in different types of event so that I can keep going steadily and maintain the quality of my action.</p>	<p>I can identify and record when my body is cool, warm and hot.</p> <p>I can recognise and record that my body works differently in different types of challenge and event.</p> <p>I can carry out stretching and warm-up activities safely.</p>	<p>I can watch and describe specific aspects of running, jumping and throwing styles.</p> <p>I can suggest, with guidance, a target for improving distance or height.</p>
2	<p>I can demonstrate the five basic jumps on their own, e.g. – a series of hops, and in combination, e.g. hop, one-two, two-two, showing control at take-off and landing.</p> <p>I can run continuously for about one minute and when required, show the difference between running at speed and jogging.</p> <p>I can throw with increasing accuracy and coordination into targets set at different distances.</p> <p>I can demonstrate a range of throwing actions using a variety of games equipment.</p>	<p>I can use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.</p>	<p>I can describe what happens to my heart, breathing and temperature during different types of athletic activity.</p>	<p>I can identify and describe different running, jumping and throwing actions.</p>
1	<p>I can demonstrate the five basic jumps on their own, e.g. – a series of hops, and in combination, e.g. hop, one-two, two-two, showing control at take-off and landing.</p> <p>I can run continuously for about one minute and when required, show the difference between running at speed and jogging.</p> <p>I can throw with increasing accuracy and coordination into targets set at different distances.</p> <p>I can demonstrate a range of throwing actions using a variety of games equipment.</p>	<p>I can use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.</p>	<p>I can describe what happens to my heart, breathing and temperature during different types of athletic activity.</p>	<p>I can identify and describe different running, jumping and throwing actions.</p>