



Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and coordination.

Official Athletic Events

Running

Sprinting

100m, 200m, 400m

Hurdles

Relay

Middle distance

800m, 1500m

Long distance

5,000, 10,000

Steeplechase

Jumping

Long jump

Jump for distance

Triple jump

Jump for distance

High jump

Jump for height

Pole vault

Jump for height

Throwing

Discus

Fling throw

Shot

Push throw

Hammer

Fling throw

Javelin

Pull throw

Key Vocabulary:

fast • slow • jump • aim
 direction • far • bend • improve
 hop • safely • travel • balance

Teacher Glossary

Jump: take off and land on two feet

Hop: take off on one foot and land on the same foot

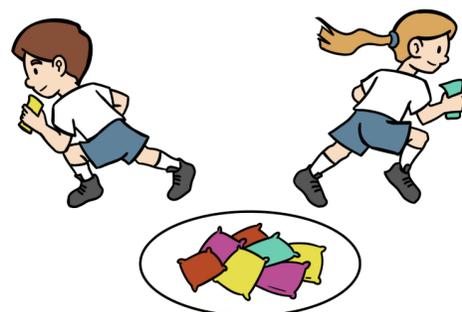
Leap: take off on one foot and land on the other

Key Skills: Physical

- Running at different speeds
- Agility and co-ordination
- Jumping for distance
- Throwing for distance
- Throwing for accuracy
- Balance

Key Skills: S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas



Where this unit sits



Assessment Criteria

EYFS

Assessment criteria for EYFS units.

Year 1

- I am able to throw towards a target.
- I am beginning to show balance and co-ordination when changing direction.
- I am developing overarm throwing.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can work with others and make safe choices.
- I try my best.
- I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

Year 2

- I show balance and co-ordination when running at different speeds.
- I can jump and land with control.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I can identify good technique.
- I can describe how my body feels during exercise.
- I try my best.

Progression of Skills Ladder

Other units that progress into this activity are:

Ball Skills

Fundamentals

Games

<p>Running Develop the sprinting action.</p>	<p>Jumping Develop jumping, hopping and skipping actions.</p>	<p>Year 2</p>	<p>Jumping Explore safely jumping for distance and height.</p>	<p>Throwing Develop overarm throwing for distance.</p>
<p>Running Explore running at different speeds.</p>	<p>Jumping Develop balance whilst jumping and landing.</p>		<p>Year 1</p>	<p>Jumping Explore hopping, jumping and leaping for distance.</p>
<p>Running Explore running and stopping. Explore running on the balls of their feet.</p>		<p>EYFS</p>	<p>Jumping Explore jumping and hopping safely.</p>	<p>Throwing Explore throwing to a target.</p>