

Athletics

By the end of Year 1 pupils should have a basic grasp of this content. By the end of Year 2 pupils should have an advancing understanding of this content, whilst some will have a deep understanding.

- Athletic activities are combined with games in Years 1 and 2.

By the end of Year 3 pupils should have a basic grasp of this content. By the end of Year 4 pupils should have an advancing understanding of this content, whilst some will have a deep understanding.

- Sprint over a short distance up to 60 metres.
- Run over a longer distance, conserving energy in order to sustain performance.
- Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance.
- Jump in a number of ways, using a run up where appropriate.
- Compete with others and aim to improve personal best performances.

By the end of Year 5 pupils should have a basic grasp of this content. By the end of Year 6 pupils should have an advancing understanding of this content, whilst some will have a deep understanding.

- Combine sprinting with low hurdles over 60 metres.
- Choose the best place for running over a variety of distances.
- Throw accurately and refine performance by analysing technique and body shape.
- Show control in take off and landings when jumping.
- Compete with others and keep track of personal best performances, setting targets for improvement.