



PE progression of skills - ATHLETICS



We aspire for all at Parsonage Farm to feel valued and cared for, to have a continued excitement for learning, ensuring success as they journey onwards.



Year group ↓	Subject area →	Running	Jumping	Throwing	Compete/Perform
Nursery		Walks in different ways.	Can jump with two feet together or apart	Use large muscle movements e.g. to wave ribbons	Begin to control their body when performing movements.
Reception		Run in different ways for a variety of purposes.	Jump in a range of ways, landing safely.	Roll equipment in different ways. Throw underarm. Throw an object at a target.	Control their body, when performing a sequence of movements. Participate in simple games.
Year 1		Vary their pace and speed when running. Run with a basic technique over different distances. Show good posture and balance. Jog and sprint in a straight line. Change direction when jogging and sprinting. Maintain control as they change direction when jogging and sprinting.	Perform different types of jumps. Perform a short jumping sequence. Jump as high and as far as possible. Land safely and with control. Work with a partner to develop the control of their jumps.	Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.	Begin to perform learnt skills with some control. Engage in competitive activities and team games.
Year 2		Run at different paces, describing the different paces. Use a variety of different stride lengths.	Perform and compare different types of jumps. Combine different jumps together with some fluency and control.	Throw different types of equipment in different ways, for accuracy and distance.	Perform learnt skills with increasing control. Compete against self and others.

	<p>Travel at different speeds.</p> <p>Begin to select the most suitable pace and speed for distance.</p> <p>Vary the speed and direction in which they are travelling.</p> <p>Run with basic techniques following a curved line.</p> <p>Be able to maintain and control a run over different distances.</p>	<p>Jump for distance from a standing position with accuracy and control.</p> <p>Investigate the best jumps to cover different distances.</p> <p>Choose the most appropriate jumps to cover different distances.</p>	<p>Throw with accuracy at targets of different heights.</p> <p>Investigate ways to alter their throwing technique to achieve greater distance.</p>	
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Year group	Subject area	Health and Fitness	Evaluate
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Nursery		Notice a simple change in the body after exercising, e.g., feeling hot, out of breath.	
Reception		Describe how the body feels when still and when exercising.	Talk about what they have done. Talk about what others have done.
Year 1		Describe how the body feels before and after exercise. Carry and place equipment safely.	Watch and describe performances. Begin to say how they could improve
Year 2		Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.