



Nether Kellet Primary School – Skills Progression

Be inspired.... Have belief and grow.

Physical Education

Athletics

EYFS	Yr 1/2	Yr 3/4	Yr 5/6
<p>Running: Run in different ways for a variety of purposes.</p> <p>Jumping: Jump in a range of ways, landing safely.</p> <p>Throwing: Roll equipment in different ways Throw underarm Throw an object at a target</p> <p>Compete & Perform: Participate in simple games Control their body in performing a sequence of movements.</p>	<p>Running: Vary their pace and speed when running. Show good posture and balance. Jog in a straight line. Sprint in a straight line. Travel at different speeds. Use a variety of different stride lengths. Run with basic techniques, following a curved line. Complete an obstacle course.</p> <p>Jumping: Perform different kinds of jumps. Combine different jumps together with some fluency and control.</p>	<p>Running: Focus on arm and leg action to improve sprinting technique. Begin to combine running with jumping over hurdles. Perform a relay, focusing on the baton change over technique.</p> <p>Jumping: Develop an effective take off for the standing long jump. Develop an effective flight phase for the standing long jump. Learn how to perform the standing triple jump. Begin to measure the distance jumped.</p>	<p>Running: Recap, practise and refine an effective sprinting technique including reaction time. Run over hurdles with fluency focusing on the lead leg technique and consistent stride pattern. Work as a team to competitively perform a relay. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</p> <p>Jumping: Improve and develop their jumping technique. Develop the technique for the standing vertical jump.</p>



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<p>Evaluate: Talk about what they and others have done.</p>	<p>Land safely and with control. Jump for distance from a standing position with accuracy and control. Know that leg muscles are used for a jumping action.</p> <p>Throwing: Throw overarm and underarm. Throw with accuracy at targets of different heights Throw different types of equipment in different ways. Improve the distance they can throw by using more power.</p> <p>Compete & Perform: Perform learnt skills with increasing control. Engage in competitive activities and team games.</p> <p>Evaluate:</p>	<p>Throwing: Show increasing control in their overarm throw. Perform a push throw Perform a pull throw Measure the distance of their throws</p> <p>Compete and perform: Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities</p> <p>Evaluate: Describe how their performance has improved over time. Modify their use of skills or techniques to achieve a better result.</p>	<p>Measure the distance and height jumped with accuracy.</p> <p>Throwing: Perform a fling throw Perform a heave throw Measure and record the distance of their throws Continue to develop and refine techniques to throw for an increased distance and accuracy.</p> <p>Compete and perform: Consistently perform and apply skills. Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate:</p>
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	<p>Watch and describe performances and use what they see in improve their own performance. Talk about the differences between their work and that of others.</p>		<p>Thoroughly evaluate their own and other's work suggesting thoughtful and appropriate improvements.</p>
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