



EYFS and Key Stage 1

	<b>EYFS Milestones</b>	<b>Key Stage One Milestones</b>
	Reception	Year 1 and 2
<b>Acquiring and developing skills</b>	<p><b>EYFS Areas of Learning:</b>  <b>Physical Development: Moving and Handling</b></p> <ul style="list-style-type: none"> <li>Experiments with different ways of movement</li> <li>Jumps off and object and lands appropriately</li> <li>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles</li> <li>Travels with confidence and skill around, under, over and through balancing and climbing equipment</li> <li>Children understand the important of good health and fitness, a healthy diet and talk about ways to stay health and safe.</li> <li>They can manage their own basic hygiene and personal needs.</li> </ul> <p><u>Early Learning Goal</u>                      Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	<ul style="list-style-type: none"> <li>remember, repeat and link combinations of actions use their bodies and a variety of equipment with greater control and coordination</li> </ul>
<b>Selecting and applying skills, tactics and compositional ideas</b>		<ul style="list-style-type: none"> <li>use their bodies and a variety of equipment with greater control and coordination</li> </ul>
<b>Knowledge and understanding of fitness and health</b>		<ul style="list-style-type: none"> <li>recognise and describe what their bodies feel like during different types of activity</li> </ul>
<b>Evaluating and improving performance</b>		<ul style="list-style-type: none"> <li>watch, copy and describe what they and others have done</li> </ul>

## Physical Education Athletics Lessons

### YEAR A

	Foundation	Year 1 and Year 2
Autumn		Not in this term.
Spring	<p><b><u>Athletics 1-6</u></b>            I am learning how to move and run in different ways and at different speeds.            I am learning how to change direction and speed with control.            I am learning how to throw a beanbag into a space.            I am learning how to run at different speeds over obstacles.            I am learning how to jump and land in different ways.            I am learning how to throw a beanbag accurately over a distance.            I am learning how to jump for distance.</p>	<p><b><u>Athletics 1</u></b>            I am learning how to walk and run in a coordinated way, at different speeds for short and long distances.            I am learning how to throw a range of implements for distance.            I am learning how to run and jump over obstacles.            I am learning how to run short and fast or pace yourself for a longer run.            I am learning how to demonstrate a variety of jumps and link them together.            I am learning how to confidently apply the skills you have learned, to throw jump and run in a competitive situation.</p>
Summer	<p><b><u>Athletics 7-12</u></b>            I am learning how to take part in a simple relay race.            I am learning how to demonstrate a developing awareness of distance &amp; weight.            I am learning how to throw in a coordinated way for accuracy.            I am learning how to jump further than you have done before.            I am learning how to run, jump and throw independently.            I am learning how to run, jump and throw independently in a competition.</p>	Not in this term.

## YEAR B

	Foundation	Year 1 and Year 2
Autumn	Not in this term.	Not in this term.
Spring	<p><b><u>Athletics 1-6</u></b></p> <p>I am learning how to move and run in different ways and at different speeds.</p> <p>I am learning how to change direction and speed with control.</p> <p>I am learning how to throw a beanbag into a space.</p> <p>I am learning how to run at different speeds over obstacles.</p> <p>I am learning how to jump and land in different ways.</p> <p>I am learning how to throw a beanbag accurately over a distance.</p> <p>I am learning how to jump for distance.</p>	Not in this term.
Summer	<p><b><u>Athletics 7-12</u></b></p> <p>I am learning how to take part in a simple relay race.</p> <p>I am learning how to demonstrate a developing awareness of distance &amp; weight.</p> <p>I am learning how to throw in a coordinated way for accuracy.</p> <p>I am learning how to jump further than you have done before.</p> <p>I am learning how to run, jump and throw independently.</p> <p>I am learning how to run, jump and throw independently in a competition.</p>	<p><b><u>Athletics 2</u></b></p> <p>I am learning how to choose the correct pace to enable you to keep moving for a longer period of time for long distance and run/jog on a curve with control and coordination.</p> <p>I am learning how to improve the distance you can throw a range of implements for distance showing some technique.</p> <p>I am learning how to run at speed with control over hurdles.</p> <p>I am learning how to increase the distance you can jump by improving your technique and can you link hopping jumping and leaping together.</p> <p>I am learning how to take part in a competition, sharing equipment and taking turns whilst demonstrating the athletic skills you have learnt over the last 4 weeks.</p> <p>I am learning how to assess/decide where you are in your learning.</p>

## Key Stage 2

	Lower Key Stage 2 Milestones	Upper Key Stage 2 Milestones
<b>Acquiring and developing skills</b>	<ul style="list-style-type: none"> <li>consolidate and improve the quality, range and consistency of the techniques they use for particular activities</li> </ul>	<ul style="list-style-type: none"> <li>develop the consistency of their actions in a number of events</li> <li>increase the number of techniques they use</li> </ul>
<b>Selecting and applying skills, tactics and compositional ideas</b>	<ul style="list-style-type: none"> <li>develop their ability to choose and use simple tactics and strategies in different situations</li> </ul>	choose appropriate techniques for specific events
<b>Knowledge and understanding of fitness and health</b>	<ul style="list-style-type: none"> <li>know, measure and describe the short-term effects of exercise on the body</li> <li>describe how the body reacts to different types of activity</li> </ul>	<ul style="list-style-type: none"> <li>understand the basic principles of warming up</li> <li>understand why exercise is good for fitness, health and wellbeing</li> </ul>
<b>Evaluating and improving performance</b>	<ul style="list-style-type: none"> <li>describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving</li> </ul>	evaluate their own and others' work and suggest ways to improve it

## Physical Education Athletics Lessons

### YEAR A

	Year 3 and 4	Year 5 and 6
Autumn	Not in this term.	Not in this term.
Spring	Not in this term.	Not in this term.
Summer	<p><b><u>Athletics 1</u></b>            I am learning how to develop speed technique in sprinting.            I am learning how to run as fast as possible in a straight line in a shuttle relay race.            I am learning how to combine different jumping and landing actions.            I am learning how to develop coordination for different types of Jumps.            I am learning how to throw a ball for distance and height.            I am learning how to develop throwing with increasing accuracy.</p>	<p><b><u>Athletics 1</u></b>            I am learning how to develop sprinting techniques in the circular relay.            I am learning how to sustain exercise to improve stamina.            I am learning how to hurdle with control and rhythm.            I am learning how to demonstrate appropriate body positions for throwing greater distances.            I am learning how to demonstrate appropriate body positions for throwing greater distances.            I am learning how to improve distance from take-off to landing in one jump.</p>

### YEAR B

	Year 3 and 4	Year 5 and 6
Autumn	Not in this term.	Not in this term.
Spring	Not in this term.	Not in this term.
Summer	<p><b><u>Athletics 2</u></b>            I am learning how to develop a good technique to increase the distance you can jump.            I am learning how to demonstrate an understanding of the different throwing techniques to hit a target in the distance.</p>	<p><b><u>Athletics 2</u></b>            I am learning how to demonstrate stamina and pace for long distance running.            I am learning how to sprint in a controlled way demonstrating a good technique showing speed and energy.</p>

<p>I am learning how to sprint in a straight line and on a curve in a baton relay.</p> <p>I am learning how to combine hop, skip and jumping with balance and coordination to increase your overall jumping distance.</p> <p>I am learning how to participate in an athletics competition demonstrating the skills you have learnt to improve your sprinting, jumping and throwing.</p> <p>I am learning how to assess where you are in your learning and have you achieved the pupil challenge.</p>	<p>I am learning how to demonstrate a good technique for standing long jump, triple jump and speed bounce and have an understanding of how you can improve.</p> <p>I am learning how to throw a variety of implements for distance demonstrating a good arm, leg and body position for each discipline.</p> <p>I am learning how to participate in an athletics competition demonstrating the skills you have been learning.</p> <p>I am learning how to work towards the pupil challenge and assess where you are in your learning.</p>
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