

PE Knowledge and Skills Progression – Athletics

	General		Athletics	
	Knowledge	Skills	Knowledge	Skills
Year R	Your breathing changes when you exercise. Exercise helps keep you healthy.	Work individually and with others. Move safely within the space available, showing control over your body.	Running – run. Jumping – jump, land. Throwing – throw.	Experiment with different ways of moving. Develop good control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating Spaces.
Year 1	Your breathing gets faster when you exercise. You need to warm up before exercise.	Engage in cooperative physical activities. Engage in competitive physical activities against self. Describe your own and others actions. Move confidently and safely within the space available, using change of speed and direction. Begin to develop agility, balance and coordination.	Running – sprint. Jumping – hop, skip. Throwing – over arm, under arm, distance.	Develop fundamental movement skills. Develop basic movements such as running, jumping, throwing and catching. Begin to apply basic movements in a range of activities. Begin to remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with developing control and coordination
Year 2	Your heart beats faster when you exercise. You need to cool down after exercise.	Engage in competitive physical activities against others. Describe the differences in your own and others work. Use what you have learned to improve the quality and control of your own work. Develop agility, balance and coordination.	Running – relay. Throwing – chest pass, target	Develop fundamental movement skills becoming increasingly confident and competent. Master basic movements such as running, jumping, throwing and catching. Apply basic movements in a range of activities. Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and coordination.
Year 3	Your breathing gets faster when you exercise because your body needs more exercise. A warm up includes stretching and aerobic exercise. Warming up helps get your body ready for exercise. Cooling down helps your body recover after exercise. Exercise is good for your fitness, health and wellbeing.	Compare your own work to others commenting on similarities and differences. Suggest improvements in your own and others work. Suggest suitable activities for a warm up. Demonstrate agility, balance and co-ordination.	Running – start. Jumping – standing long jump, standing triple jump,	Develop the quality, range and consistency of the techniques they use for a range of activities. Begin to develop their ability to choose and use simple tactics and strategies in different situations.
Year 4	Your heart beats faster when you exercise because your body needs more oxygen. Warming up helps get your muscles, lungs and heart ready for exercise. Cooling down helps your muscles, heart and lungs recover after exercise.	Compare your work to others’ and use this comparison to improve your performance. Suggest suitable activities for a cool down. Consistently demonstrate agility, balance and co-ordination. Begin to develop flexibility, strength, technique and control.	Running – hurdles, lead leg. Throwing – javelin.	Consolidate and improve the quality, range and consistency of the techniques they use for a range of activities. Develop their ability to choose and use simple tactics and strategies in different situations.
Year 5	When you exercise your muscles need more oxygen. Your breath faster and deeper to get more oxygen into your lungs. The oxygen transfers into your blood stream. Your heart pumps faster and deeper to get the oxygen round your body to the muscles where it is needed. Stretching helps prepare your muscles for exercise. Aerobic activity helps prepare your lungs and heart for exercise.	Evaluate and recognise your own success. Compare and comment on skills, techniques and ideas used in your own and others work. Organise your own warm-up and cool-down activities to suit different activities. Develop flexibility, strength, technique and control.	Running – long distance, pace, stamina Jumping – speed bounce, long jump, triple jump Throwing – vortex.	Develop and apply a broad range of skills and techniques. Begin to choose appropriate skills and techniques for specific events. Begin to apply movements in combination in a range of activities. Use running, jumping, throwing and catching in isolation and in combination.
Year 6	When you exercise lactic acid builds up in your muscles. Too much of this causes cramp.	Compare your performances with previous ones and demonstrate improvement to achieve personal best. Analyse and comment on skills and techniques and how these are applied in your own and others’ work. Lead warm up and cool down activities for others. Demonstrate flexibility, strength, technique and control.	Throwing – shot put.	Develop and apply a broad range of skills and techniques consistently. Choose appropriate skills and techniques for specific events. Apply movements in combination in a range of activities. Use running, jumping, throwing and catching in isolation and in combination effectively.