

Woodcocks' Well C of E Primary School

Athletics Progression Model

	Knowledge	Skills	Vocabulary
1	<ul style="list-style-type: none">• Know running and jumping is good for them and describe what it feels like.	<ul style="list-style-type: none">• Improve running technique and run for a longer distance.• Be able to complete a run and jump sequence.• Develop an under and over arm throwing action into targets.• Watch, copy and describe what they have seen.	Technique Under arm Over arm javelin
2	<ul style="list-style-type: none">• Describe the differences in the way their body feels during different athletic activities.	<ul style="list-style-type: none">• Run with a good technique at different speeds.• Perform a 2 footed jump (standing long jump)• Demonstrate a good throwing technique (overarm) and extend accuracy and distance.• Begin to watch others and focus on specific actions to improve their own skills.	Accuracy Distance athlete
3	<ul style="list-style-type: none">• Know the 5 different jumps.• Know how a relay race works and when to run.• Know when their body is warmer or cooler and when their heart beats faster and slower.	<ul style="list-style-type: none">• Select running speed for appropriate activities.• Make up and repeat a short sequence of linked jumps.• Throw a range of objects (javelin/ball/shotput/discus) changing their action for accuracy	Obstacle Hurdle Discus Shot-put accuracy

		<p>and distance.</p> <ul style="list-style-type: none"> • Be able to perform a baton change accurately. • To be able to hurdle an obstacle whilst maintaining running style. 	
4	<ul style="list-style-type: none"> • Know how different athletic activities changes their heart rate, breathing and temperature. • Know how to achieve their personal best. • To know how long they should exercise for to be healthy. 	<ul style="list-style-type: none"> • Show developing control when using a range of running, jumping and throwing actions. • Perform a range of jumps showing contrasting techniques and begin to use a short run up. • Throw with some accuracy and power into a target. • To learn effective technique for speed bounce. 	<p>Contrasting Effective Heart-rate</p>
5	<ul style="list-style-type: none"> • Know the differences between sprinting and distance running. • Know the principles of warming up. • Understand fully why fitness is good for fitness, health and well- 	<ul style="list-style-type: none"> • Show control in take off activities (standing long jump, triple jump, standing vertical jump). • Predict how different activities will affect heart rate, temperature and performance. 	<p>Principle Fitness Triple-jump Take-off performance</p>

	being.		
6	<ul style="list-style-type: none"> • Know activities which develop stamina or power. • Know why athletics develops strength and stamina. 	<ul style="list-style-type: none"> • Choose the best pace for a running event in order to sustain running and improve their personal target. • Show power and control in take-off and landing activities. • Show accuracy and good technique when throwing for distance. • Identify part of a partner's performance that needs to be practised and suggest improvements. 	Pacing Sustain Bell-lap