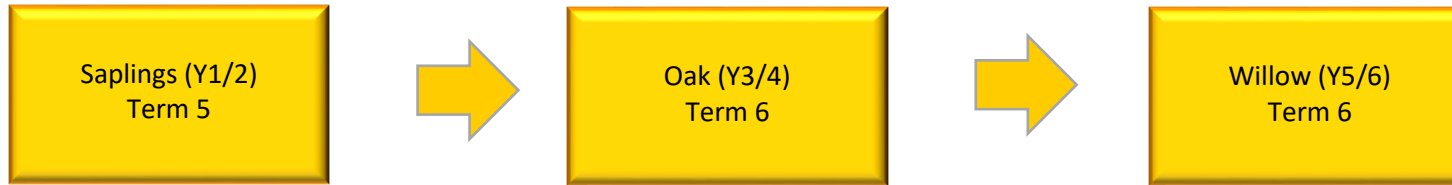


# Halstead Community Primary School P.E and Design Skills Progression

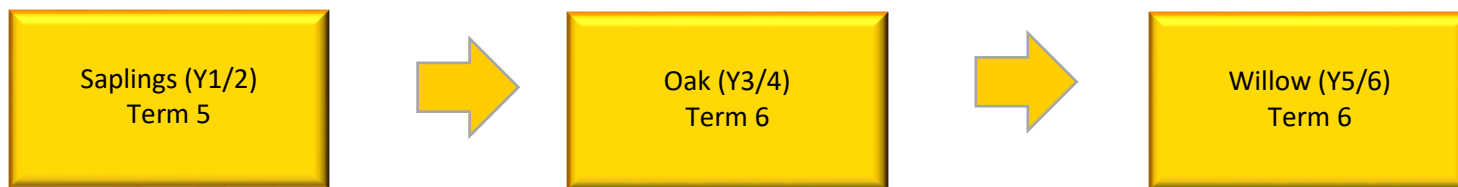
## Athletics

### Cycle A



	Saplings (Y1/2) Term 5		Oak (Y3/4) Term 6		Willow (Y5/6) Term 6	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Run at different speeds. Jump from a standing position Perform a variety of throws with basic control.		Run at speeds appropriate for the distance. Perform a running jump with some accuracy. Perform a variety of throws using a selection of equipment. Use equipment safely and with good control.		Begin to build a variety of running techniques and use with confidence. Perform a standing long jump using all of the relevant teaching points. Can perform a running long jump with more than one component. E.g. hop skip jump (triple jump). Display adequate hurdling technique over 5-6 hurdles at running pace. Demonstrates accuracy and confidence in throwing activities. Critique their peers, citing specific parts of their technique to improve.	

## Cycle B



	Saplings (Y1/2) Term 5		Oak (Y3/4) Term 6		Willow (Y5/6) Term 6	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics		<p>Change speed and direction whilst running.</p> <p>Jump from a standing position with accuracy.</p> <p>Perform a variety of throws with control and co-ordination. (preparation for shot put and javelin)</p> <p>Use equipment safely.</p>		<p>Begin to build a variety of running techniques and use with confidence.</p> <p>Demonstrate changes of speed and direction.</p> <p>Perform a running long jump with more than one component. E.g. hop skip jump (triple jump).</p> <p>Display adequate hurdling technique over 3-4 hurdles at jogging pace.</p> <p>Demonstrates accuracy in throwing activities.</p> <p>Describe good athletic performance using correct vocabulary, watching other pupils and highlighting parts of their technique to improve.</p> <p>Use equipment safely and with good control.</p>		<p>Use a variety of running techniques with confidence.</p> <p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Utilise knowledge of technique to perform at an optimum level in types of run, jump &amp; throw.</p> <p>Utilise new skills in competitive situations.</p> <p>Record and evaluate peers' performances.</p> <p>Describe good athletic performance using correct vocabulary.</p> <p>Use equipment safely and with good control.</p>