

## KS2 – ATHLETICS

National curriculum aims: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- . Use running, jumping, throwing and catching in isolation and in combination.
- . Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- . Develop flexibility, strength, technique, control and balance.
- . Compare their performances with previous ones and demonstrate improvement to achieve their personal best.



### Year 3

- To be able to demonstrate the correct running posture, speed and power when running a short distance.
- To maintain stamina when running long distance
- To understand the correct grip and technique when throwing a javelin
- To be able to perform speed bounce for 20 seconds, without stopping
- Understand the basic elements of the standing long jump.
- Recognise and describe the effects of exercise on the body.

### Year 5

- To be able to sprint, with constant speed and power, over 100m
- Demonstrate the ability to accelerate from a static position
- Identify and demonstrate stamina, explaining its importance for runners
- Demonstrate stamina when doing speed bounce (30seconds)
- Perform an effective standing long jump.
- Perform a standing triple jump with increased confidence.
- To be able to developing throwing skills (javelin, hammer, discus)
- Measure and record the stance of their throws.
- To understand the need for warming up and working on body strength, tone and flexibility.

### Year 4

- To be able to run over a short distance and change direction quickly.
- To be able to maintain a good running technique when sprinting over obstacles.
- To pass a relay baton at speed using a 'place pass' into the hand.
- Learn how to combine a hop, step and jump to perform standing triple jump.
- To be able to maintain good stamina for long periods of a time. Eg long distance running, speed bounce etc
- To be able to explain why physical activity is good for their health, fitness and well-being.

### Year 6

- To be demonstrate the correct technique for the hammer thrown, discus and javelin
- Demonstrate endurance and stamina over long distance in order to maintain a sustained run.
- Demonstrate stamina when doing speed bounce (30seconds)
- To be able to run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.
- Master the technique for the standing vertical jump, long jump and triple jump
- Show the current running technique over short and long distances