

PE Curriculum Map

Athletics

Year 6

- Choose the best pace for running over a variety of distances including hurdles.
- Show control in take-off and landing when jumping.
- Set targets for own improvement.
- Demonstrate control, strength and speed and stamina in athletics events.
- Understand how to apply athletic skills and tactics to a competitive situation to achieve your best.

Upper KS2

Year 5

- Start to combine sprinting with low hurdles over short distances.
- Throw accurately and analyse my performance.
- Compete with others and know my personal best.
- Explain how to improve technique in a variety of events.

Lower KS2

Year 4

- I can jump in a number of ways and use a run up where appropriate.
- Sustain a running technique at different speeds for both short and long distances.
- Cover distance using a throwing technique.
- Use a jumping technique to cover distance.
- Compete with others and aim to improve my personal best.
- Identify and explain athletic performance.

Year 3

- Jump in a number of ways.
- Demonstrate a range of throwing actions including underarm and overarm.
- Improve running technique at different speeds.
- Hit a target using a throwing technique.
- Use a jumping technique to hit a target.

Year 2

KS 1

Year 1

EYFS

EYFS