



EWELL GROVE PRIMARY AND NURSERY SCHOOL
PHYSICAL EDUCATION (PE) – SUMMER 3A



PE Athletics

To develop running techniques

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can travel at different speeds.	Can run over hurdles.	Can develop an awareness of speed and distance.	Can begin to combine running with jumping over hurdles.	Can focus on their arm and leg action to improve their sprinting technique. <i>Running for speed</i>	Can develop spatial awareness by judging height and approach to obstacles. <i>Running over obstacles</i>	Can speed up and slow down smoothly. Can carry out an effective sprint finish. <i>Running for speed</i>	Can use the correct technique when hurdling e.g. lead leg and trail leg <i>Running over obstacles</i>
Can run and change direction.	Can jog/sprint in a straight line.	Can show good posture and balance.	Can run at different speeds for short and longer durations.	Can select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. <i>Running for distance</i>	Can identify and demonstrate stamina and explain its importance for runners. <i>Running for distance</i>	Can perform a three-point start confidently and consistently. Can accelerate from a variety of starting positions. <i>A quick start</i>	Can develop a good rhythm and even stride when sprinting. <i>Running for speed</i>
Can run over hurdles.	Can vary their pace and speed when running.	Can begin to combine running with jumping over hurdles.	Can focus on their arm and leg action to improve their sprinting technique. <i>Running for speed</i>	Can develop spatial awareness by judging height and approach to obstacles. <i>Running over obstacles</i>	Can speed up and slow down smoothly. Can carry out an effective sprint finish. <i>Running for speed</i>	Can use the correct technique when hurdling e.g. lead leg and trail leg <i>Running over obstacles</i>	Can understand and show the importance of pace and stamina. <i>Running for distance</i>



EWELL GROVE PRIMARY AND NURSERY SCHOOL
PHYSICAL EDUCATION (PE) – SUMMER 3A



PE Athletics

To develop Jumping techniques

Nursery and Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can perform a short jumping sequence.	Can perform different types of jumps; two feet to two feet, two feet to one foot, one foot to the same, one foot to the opposite.	Can jump for distance from a standing position with accuracy and control.	Can know that the leg muscles are used to perform a jumping action. Can land a jump safely with control.	Can begin to develop a scissor jump technique.	Can combine a hop, step and jump to perform the standing triple jump.	Can perform a standing triple jump with confidence and accuracy.
Can jump as high/far as possible.	Can combine different jumps together with fluency and control.	Can investigate best jumps to cover different distances. Can choose the most appropriate jump for different distances.	Can develop an effective take off for the standing long jump. Can develop an effective flight phase for the standing long jump.	Can begin to measure and compare distances being jumped. Can show determination to improve distance.	Can develop an effective technique for a standing vertical jump, including take off and flight. Jumping for height.	Can develop and improve their techniques when jumping for height and distance. Can support others in improving their performance.
Can perform a short jumping sequence. Can perform different types of jumps; two feet to two feet, two feet to one foot, one foot to the same, one foot to the opposite.	Can jump for distance from a standing position with accuracy and control.	Can know that the leg muscles are used to perform a jumping action. Can land a jump safely with control.	Can begin to develop a scissor jump technique.	Can combine a hop, step and jump to perform the standing triple jump.	Can perform a standing triple jump with confidence and accuracy.	Can perform and apply different types of jumps in a variety of contexts. <i>Run and jump standing</i>



EWELL GROVE PRIMARY AND NURSERY SCHOOL
PHYSICAL EDUCATION (PE) – SUMMER 3A



PE Athletics

To develop throwing techniques.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can roll equipment in different ways.	Can throw an object towards a target.	Can improve the distance they throw by using more power.	Can develop the technique for a push throw e.g. shot put and large ball.	Can develop the technique for a fling throw, holding the discus/rugby ball correctly.	Can develop the technique for a one-handed and two-handed push/pull throw.	Can begin to explore an overhead heave technique.	Can use the create technique when performing a fling throw.
Can throw underarm.	Can throw underarm and overarm.	Can develop the technique for a pull throw e.g. Javelin and large ball	Can show control when throwing for distance.	Can measure and compare the distance they have thrown.	Can develop a fling throw from low to a high release point.	Can develop a three stride approach with the one handed pull throw	Can use the correct technique when performing a forward heave throw.
Can throw an object towards a target.	Can improve the distance they throw by using more power.	Can develop the technique for a push throw e.g. shot put and large ball.	Can develop the technique for a fling throw, holding the discus/rugby ball correctly.	Can develop the technique for a one-handed and two-handed push/pull throw.	Can begin to explore an overhead heave technique.	Can use the create technique when performing a fling throw.	Can throw with greater control, accuracy and efficiency. Can support others in improving their performance.