



# CRIGGLESTONE ST. JAMES CE PRIMARY ACADEMY

## Physical Education

### Athletics - Progression Document



‘Ready for the Future’

# Physical Education - Intent

At Crigglestone St James Academy, we believe that physical education is vital to pupils' physical, mental, social and emotional development and health. Children at St James are encouraged to reach their full potential in an inclusive and engaging environment which supports and challenges all children. Our aim is for physical education to help children be "Ready for the Future" in all aspects of their life through developing creativity, curiosity and resilience, experiencing leadership and forming social relationships.

We have an inclusive curriculum which allows children to learn new skills, as well as build upon their prior knowledge from past physical education lessons. Our curriculum is based around six key sporting values: determination, passion, respect, honesty, self belief and teamwork. We give our children a breadth of sporting opportunities both within the curriculum and through extra-curricular activities. Children use the sporting values and develop their sporting skills which can lead to representing the school in the intra house and inter school festivals, community festivals, national competitions and other sporting events.

A sports person is more than just excelling in a specific sport. We want our children to understand the importance of leading a healthy lifestyle and know how to take care of themselves both physically and mentally in order to be successful in their future.

# Athletics Journey

## Reception

**Running** - They move confidently in a range of ways, safely negotiating space.

**Jumping** – Jump in a variety of different ways showing some control.

**Throwing** – To develop underarm and overarm throwing techniques.

## Year 1

**Running** – Develop awareness of speed and distance. Show balance and basic control when running.

**Jumping** – Develop control when jumping: taking off and landing.

**Throwing** – To show more control with overarm and underarm throwing techniques.



## Year 3

**Running** – To show increased control, coordination and consistency when running short and long distances

**Jumping** – To show increased control, coordination and consistency when jumping.

**Throwing** – To show increased control and coordination whilst throwing for distance and accuracy



## Year 2

**Running** – Learning to run at different speeds for short and long distances.

**Jumping** – Develop jumping technique and begin to show more control with take off and landing.

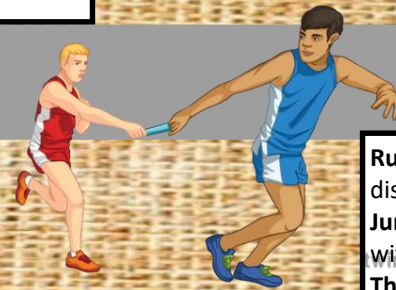
**Throwing** – To develop control and coordination whilst throwing for distance and accuracy.

## Year 4

**Running** – Understand how to pace your speed when running over an increased distance.

**Jumping** – Combine basic jump actions to form a jump combination.

**Throwing** - Show control, coordination and accuracy whilst throwing.



## Year 5

**Running** – Choose an appropriate speed to run at for a distance.

**Jumping** – To introduce a run before jumping and landing with two feet on the floor.

**Throwing** – To develop introducing a run to a marker before throwing.

## Year 6

**Running** – Time a run in order to be able to increase running speed when close to finishing.

**Jumping** – To compare previous jumping performances and practise how to improve to achieve a personal best.

**Throwing** - To measure distance of throws and practise techniques to achieve a personal best.

