

**White Hall Academy Progression of Skills document 2019-2020**

**Athletics**

- 1. Acquiring and developing skills**
- 2. Selecting and applying skills, tactics, and compositional ideas**
- 3. Knowledge and understanding of fitness**
- 4. Evaluating and improving performance**

Reception	Year 1		Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Athletics		Athletics	Athletics	Athletics	Athletics	Athletics
A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2		A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2
<p>Remember and repeat actions I can follow and copy a sequence of actions</p> <p>I can copy a run, jump and throw method</p>	<p>remember, repeat and link combinations of actions I can follow and perform a basic combination of actions I can follow direction to run, jump and throw</p>		<p>remember, repeat and link combinations of actions I can perform actions to run, jump and balance with speed I can follow an obstacle course with varied actions</p>	<p>consolidate and improve the quality, range and consistency of the techniques they use for particular activities I can maintain balance and control when I run, jump and throw I can perform with varied speed and direction in an obstacle relay</p>	<p>consolidate and improve the quality, range and consistency of the techniques they use for particular activities I can perform a run, jump and throw technique with control and strength I can maintain and change speed in short distance running</p>	<p>develop the consistency of their actions in a number of events I can apply and adjust strength, speed and stamina required in run, jump and throw increase the number of techniques they use I can maintain strength in sprint and pace in long distance running</p>	<p>increase the number of techniques they use I can apply and adapt techniques to run, jump and throw</p> <p>develop the consistency of their actions in a number of events I can lead and follow a team in varied Athletic events</p>
<p>A1 A2 S1 S2 S1 S2</p> <p>Begin to use their bodies and equipment with control I am developing co-ordination to jump and hop (hoop)</p>	<p>use their bodies and a variety of equipment with greater control and coordination I can co-ordinate my body to perform a</p>		<p>use their bodies and a variety of equipment with greater control and coordination I can skip using a rope with control</p>	<p>develop their ability to choose and use simple tactics and strategies in different situation I can compete for my personal best in</p>	<p>develop their ability to choose and use simple tactics and strategies in different situations I can compete against others in a</p>	<p>choose appropriate techniques for specific events I can run with stamina and speed I can jump for distance</p>	<p>choose appropriate techniques for specific events I understand how to apply a variety of techniques to compete against</p>
A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2		A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2

<p>I can balance when walking on tip toes moving back and forth</p>	<p>jump and hop (skipping rope) I can throw an object toward a target and distance</p>		<p>I can throw an object at a target using alternate hands</p>	<p>a skipping challenge I can compete in a team obstacle relay</p>	<p>race or timed activity</p>	<p>I can throw with accuracy and strength to improve distance</p>	<p>others and aim for my personal best</p>
<p>A1 A2 S1 S2 S1 S2</p>	<p>A1 A2 S1 S2 S1 S2</p>		<p>A1 A2 S1 S2 S1 S2</p>	<p>A1 A2 S1 S2 S1 S2</p>	<p>A1 A2 S1 S2 S1 S2</p>	<p>A1 A2 S1 S2 S1 S2</p>	<p>A1 A2 S1 S2 S1 S2</p>
<p>Begin to describe what their bodies feel like when they exercise I am aware how my body feels during exercise</p>	<p>recognise and describe what their bodies feel like during different types of activity I can recognise the changes in my body during exercise</p>		<p>recognise and describe what their bodies feel like during different types of activity I can describe how my body feels during and after exercise</p>	<p>know, measure and describe the short-term effects of exercise on the body I can use a pedometer to track my heart rate and steps I am developing stamina in my short distance runs describe how the body reacts to different types of activity I can discuss how my body feels during exercise and rest</p>	<p>describe how the body reacts to different types of activity I can explain why my heart rate changes and why exercise is important I am developing an understanding of endurance training and how it improves my athletic ability</p>	<p>understand why exercise is good for fitness, health and wellbeing I understand why exercise is important for a healthy lifestyle I can describe how to warm up and cool down for a specific athletic event</p>	<p>understand why exercise is good for fitness, health and wellbeing I can create a healthy lifestyle plan I can explain the benefits of a balanced diet and exercise and how they can improve performance and recovery</p>
<p>Watch and copy others I can copy actions with a partner</p>	<p>watch, copy and describe what they and others have done I can describe what my body feels like after exercise</p>		<p>watch, copy and describe what they and others have done I can discuss with partner how my heart rate changes during exercise</p>	<p>describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving I can review my personal best achievements in timing for running and skipping</p>	<p>describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving I can use a variety of performance review methods to achieve my personal best</p>	<p>evaluate their own and others' work and suggest ways to improve it I can evaluate my personal best achievements I can discuss with others how to improve my own and their performance</p>	<p>evaluate their own and others' work and suggest ways to improve it I can suggest ways for my own and others techniques to be improved I can use a range of recording methods to reliably evaluate progression</p>

