



Athletics Medium Term Plans Key Stage One

Key Stage:	KS1	Unit	Athletics
<p><u>Prior Learning Required – EYFS Progression</u></p> <ul style="list-style-type: none"> • Travels with confidence and skill in a range of movements when using equipment. • Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. • Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. • Shows increasing control over an object, pushing, passing, throwing, catching or kicking it. 			
<u>National Curriculum Links</u>	1a. Master basic movements including running, jumping, throwing and catching as well as developed balance, agility and coordination and begin to apply these in a range of activities.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Development of Motor Competence and Fundamental Movement Skills. • Making safe decision in contact with equipment and classmates.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: Move into space. • Step 2: To control your body and equipment when throwing, running and jumping. • Step 3: To land safely when jumping. • Step 4: To run and jump on the balls of your feet. • Step 5: To show a correct pull throw technique. • Step 6: To compete against yourself and others. 	<u>Progression</u>	<p><u>Declarative Knowledge</u></p> <ul style="list-style-type: none"> • Develop the distance running technique, understanding the difference between sprinting and running over longer distances. • Show understanding and a basic level of control, coordination and consistency when running. • Begin to evaluate and improve own performance.
			<p><u>Procedural Knowledge</u></p> <ul style="list-style-type: none"> • Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. • Experiment with different jumping techniques, showing control, coordination, and consistency throughout. • Develop coordination and balance whilst exploring different running, jumping and throwing techniques. • Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.
<u>Resources and Equipment</u>	<ul style="list-style-type: none"> • Beanbags • Cones • Balls 	<u>Key Vocabulary</u>	<ul style="list-style-type: none"> • Throwing • Personal Best • Races • Running • Speed • Distance • Jumping • Competition • Measuring

Athletics Medium Term Plans Lower Key Stage Two

Key Stage:	LKS2	Unit	Athletics
<u>Prior Learning Required – KS1</u>			
<ul style="list-style-type: none"> ● Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. ● Show understanding and a basic level of control, coordination and consistency when running. ● Experiment with different jumping techniques, showing control, coordination, and consistency throughout. ● Develop coordination and balance whilst exploring different running, jumping, and throwing techniques. ● Develop the overarm, underarm and pull throw technique, throwing accurately towards a target. ● Develop the distance running technique, understanding the difference between sprinting, and running over longer distances. 			
<u>National Curriculum Links</u>	2a: Use running, jumping, throwing and catching in isolation and in combination. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> ● Continued progress of Motor Competence. ● Begin to understand and apply Rules Strategies and Tactics. ● Healthy Participation, making safe decisions and understanding the relationships between physical activity and its effect on the body.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> ● Step 1: To throw an object by overarm, underarm, pulling, pushing and slinging. ● Step 2: To combine different types of jumping. ● Step 3: To run for distance. ● Step 4: To run in races of varied distances. ● Step 5: To take part in athletic events. ● Step 6: To perform competitively with other. 	<u>Progression</u>	<u>Declarative Knowledge</u>
			<u>Procedural Knowledge</u>
<u>Resources and Equipment</u>	<ul style="list-style-type: none"> ● Athletic throwing equipment ● Balls, beanbags, quiots ● Cones, marker spots ● Hoops ● Bibs ● Measuring Tape 	<u>Key Vocabulary</u>	<ul style="list-style-type: none"> ● Athletics ● Jumping ● Throwing ● Running ● Coordination ● Movement ● Measurements ● Timing ● Technique

Athletics Medium Term Plans Upper Key Stage Two

Key Stage:	UKS2	Unit	Athletics
<u>Prior Learning Required – LKS2</u>			
<ul style="list-style-type: none"> • Apply and develop a broad range of athletic skills in different ways. • Show control, coordination and consistency when running, throwing, and jumping. • Choose the appropriate running speed to meet the demand of the task. • Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. • Combine basic jump actions to form a jump combination, using a controlled jumping technique. 			
<u>National Curriculum Links</u>	2a: Use running, jumping, throwing and catching in isolation and in combination. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Continued progress of Motor Competence. • Begin to understand and apply Rules Strategies and Tactics. • Healthy Participation, making safe decisions and understanding the relationships between physical activity and its effect on the body.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: To use the correct combination of jumps. • Step 2: To compete in long distance running. • Step 3: To compete in short distance races. • Step 4: To use a run up when throwing. • Step 5: To practise to improve throwing distance. • Step 6: To use a run up when jumping. 	<u>Progression</u>	<p><u>Declarative Knowledge</u></p> <ul style="list-style-type: none"> • Choose the appropriate speed to run at for the distance to be covered. • Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles. • Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit. • Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles. • Understand appropriate pace judgement for the running distance to be covered. • Understand the appropriate throwing and jumping technique to achieve maximum distance and height. • Share and discuss athletic techniques with others. • Compare their performance with previous ones and demonstrate improvement to achieve their personal best. • Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles. <p><u>Procedural Knowledge</u></p> <ul style="list-style-type: none"> • Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control. • Communicate, collaborate, and compete with others. Working effectively as part of a team. • Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. • Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.

			<ul style="list-style-type: none"> • Work effectively as part of a team. • Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.
<u>Resources and Equipment</u>	Balls, Hoops, Bibs, Quoits, Measuring tape, Cones, Marker Spots, Beanbags, Athletic throwing equipment.	<u>Key Vocabulary</u>	Pace, Jumping, Throwing, Coordination, Measurements, Timing, Movement, Technique