

PROGRESSION OF SKILLS AND VOCABULARY POLICY 2019



P.E ESSENTIAL SKILLS Y1-Y6: ATHLETICS					
KEY STAGE 1		LOWER KEY STAGE 2		UPPER KEY STAGE 2	
End of Y1 expectations	End of Y2 expectations	End of Y3 expectations	End of Y4 expectations	End of Y5 expectations	End of Y6 expectations
<i>IPEP: Running & Jumping</i>	<i>IPEP: Movement</i>	<i>IPEP: Being an Athlete</i>	<i>IPEP: Record Breaking</i>	<i>IPEP: Olympic Training</i>	<i>IPEP: Going for Gold</i>
Health 					
Explore the changes that happen to the body during different types of athletic activities and explore how to exercise safely	Understand that changes happen to the body during different types of athletic activities and know that it is important to exercise safely	Describe what changes happen to the body during different types of athletic activities and understand how to exercise safely	Demonstrate safe warm-up and cool down activities and understand that physical activity is good for your health	Describe some short and long term effects of exercise and can work safely in small groups	Know the short and long term effects of exercise. Can work co-operatively in small groups
Mental 					
Explore the different techniques used in running, jumping and throwing activities. Watch and discuss my own and others' performance	Show some of the different techniques used in running, jumping and throwing activities. Describe my own and others' performance	Know and understand the different techniques used in running, jumping and throwing activities. Discuss differences between their own and others' performance, suggesting improvements	Begin to use some basic tactics and strategies to improve athletic performance. Demonstrate some running, jumping and throwing techniques	Identify strengths and weaknesses of own and others' performance. Know and begin to use basic tactics and strategies used in competitive situations	Analyse own performance and that of others. Use skills, tactics and strategies in competitive situations
Physical 					
Explore simple skills and techniques of running, jumping and throwing, experience competition against self and others	Begin to show simple skills and techniques when running, jumping and throwing. Participate in competitive activities, against self and against others Develop awareness of distance & weight. Developing awareness of distance & height. To hit a ball off a tee.	Demonstrate simple skills and techniques when running, jumping and throwing, varying them to suit the different activities. Enjoy participating in competitive activities, against self and against others.	Perform showing some good technique when performing athletic activities. Show enthusiasm for collaborating and competing with each other To jump hurdles with developing technique.	Show basic levels of speed, strength and stamina in different athletic events. Begin to apply basic tactics and strategies to competitive situations To develop knowledge of the triple jump technique. To begin a sprint in the crouching position. To throw a discus with developing technique.	Show variations in speed, strength and stamina linked to different athletic events. Understand when to apply tactics and strategies in competitive situations. Learn to measure & record performance.

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		<p>To attempt to throw a shot put using the rotation technique.</p> <p>To attempt a javelin throw with correct technique.</p> <p>To be able to pass & receive a relay baton.</p>	<p>To locate some of the major muscles in the body.</p> <p>To jump for height & distance.</p>		
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KEY VOCABULARY: ATHLETICS					
KEY STAGE 1		LOWER KEY STAGE 2		UPPER KEY STAGE 2	
End of Y1 expectations	End of Y2 expectations	End of Y3 expectations	End of Y4 expectations	End of Y5 expectations	End of Y6 expectations
<p>Subject specific: Athletics, target, speed, take off, landing, underarm, obstacle, sprinting, protein, pace.</p> <p>Equipment: Hurdles, quoites,</p>	<p>Subject Specific: Distance, weight, height, fluency, javelin, technique, grip, stance, strike, power, accuracy, shot put</p> <p>Equipment: Tee, javelin, shot put, cricket ball, medicine ball, basketball, rounders bat</p>	<p>Subject Specific: Rotation, relay, estimating, exchange, shuffle run up, femur, cranium.</p> <p>Equipment: Relay baton, trundle wheel, metre stick</p>	<p>Subject Specific: Muscles, propel, long jump, high jump, bicep, triceps, calf, quadriceps, abdominals, hamstrings</p>	<p>Subject Specific: Tactic, triple jump, discus, crouching, phase, torso, assisted, unassisted</p> <p>Equipment: Discus</p>	<p>Subject Specific: Stamina, aerobic capacity, high intensity, sustain.</p>