

Athletics

For Athletics teaching, we use the UK Athletics accredited 'Elevating Athletics' framework to support teachers in providing an inclusive and progressive framework, which embraces a child's natural desire to move.



Elevating Athletics focuses upon running, jumping and throwing - the building blocks of athletics, which in turn underpin nearly all other sports and physical activities and so links perfectly with the movement skill development throughout the Real PE curriculum.

EYFS and Key Stage 1

Successful and positive early experiences of athletic activities foster a child's desire to develop their movement skills. Activities here focus on the exploration of fundamental movements, finding and experimenting with different ways to move at different levels, speeds and directions. Running, jumping and throwing are expressions of a basic movement vocabulary and safe, enjoyable activities are carried out individually, with a partner or in small groups.

Lower Key Stage 2

During this phase, children become more aware of what their bodies can do and they develop greater ability to control their actions. They can therefore direct their movements towards more specific athletic purposes. Running speed will increase along with control over direction and the ability to modify style. Different modes of jumping can be introduced and movement combinations such as 'running and jumping' can be facilitated. Basic types of throw such as underarm and overarm can be practised and pushing, pulling, slinging and heaving can be introduced.


Upper Key Stage 2

Towards the end of the primary phase, children should show increasingly mature movement patterns. They can demonstrate confidence and refinement of actions that are fluent, co-ordinated and efficient. Running faster and over greater distance is possible and a better awareness of pace develops. Obstacle and relay activities can be developed. Jumping for height, distance and in combinations becomes more possible, along with the ability to combine running and jumping. Using 4 modes of throw and doing so with increasing control and power should be apparent.

Progression of Athletics skills and knowledge

Skill Area	EYFS & Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Progression of Running	Travel with control using varying stride lengths Run with good posture and balance Copy movements of a leader with co-ordination and control Start, stop and change pace with control in response to instructions Run on a	Demonstrate good running posture Adjust running pace smoothly Accelerate and decelerate rapidly Run fast over short distances, showing awareness of others Sprint rapidly over short distances, as an individual and as part	Run with speed and agility Demonstrate quick reactions and rapid acceleration Accelerate from a variety of static positions Demonstrate the ability to change speed Sustain jogging and running at a consistent pace for a

	<p>curve with co-ordination and control Run and change direction, demonstrating speed and agility Co-operate and compete with a partner. Move quickly to a base in response to voice instructions. Show awareness of space and the safety of others Walk with good posture and balance Complete an obstacle course with speed, control and agility Accelerate quickly and run fast to retrieve an object Co-operate with others in a team</p>	<p>of a team Change direction quickly Respond rapidly to a stimulus Demonstrate good walking posture Maintain a good running technique when sprinting over obstacles Co-operate with others in a team</p>	<p>few minutes Sprint over and between obstacles using consistent stride lengths State a 'lead leg' preference when sprinting over hurdles Accelerate to pass team members Co-operate with the team Pass a relay baton at speed using a 'push pass' Give feedback to a partner</p>
Progression of Jumping	<p>Demonstrate various jumps in response to instructions Jump for height with control and balance Describe how the use of arms can affect jumping for height Take off from and land in different positions Demonstrate control in landing Increase ability to jump far Link multiple step/jump combinations with balance and co-ordination Jump quickly from side to side showing co-ordination and balance</p>	<p>Demonstrate a variety of jumping styles Jump for distance from two feet to two feet Perform hop and jump combinations with balance and control Hop, step and jump in the correct sequence Hop, step and jump with speed and balance Use a short run to jump from one to two feet Jump for height from standing</p>	<p>Use jumping combinations to move around a space Perform dynamic combination jump sequences with control Hop for distance Perform triple jump combination sequences with balance and control Jump for distance from one foot to two feet Jump from side to side with balance, speed and rhythm Perform a scissor jump from a short run-up</p>
Progression of Throwing	<p>Perform movements which mobilise and develop arms and shoulders Demonstrate mobility and co-ordination Throw with speed and agility Apply appropriate effort in</p>	<p>Perform an arm conditioning exercise correctly Throw & retrieve implements safely Describe how the weight and shape of an object affects its flight path Describe the effect of throwing</p>	<p>Participate in conditioning exercises and team activities Demonstrate speed and co-ordination when passing and receiving a ball Demonstrate a dynamic two handed</p>

	<p>order to control an object's flight Throw accurately at raised targets Roll a ball accurately Use an underarm action to throw accurately at a target Use an underarm action to throw over increasingly longer distance</p>	<p>from sitting, kneeling or standing Demonstrate a two handed push throw Demonstrate a variety of throwing techniques Demonstrate the sling throw technique Demonstrate a forward and overhead heave throw</p>	<p>push throw Demonstrate a controlled pull throw action Perform push throws to reach a target on the ground Throw for accuracy Demonstrate a dynamic sling throw Demonstrate a dynamic heave throw Thr</p> <p style="text-align: center;">  </p> <p>ow for distance Play as part of a team Throw with accuracy and speed in a team activity Observe a partner and give accurate feedback</p>
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