

## ATHLETICS in EYFS and KEY STAGE 1 – development of skills linked to the core assessment tasks

<b>National Curriculum Statements of Attainment</b>	<b>Core Assessment Tasks:</b>
<b>Pupils should:</b> <ul style="list-style-type: none"> <li>develop and begin to master fundamental movement skills; running, jumping, throwing</li> <li>become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations</li> <li>engage in competitive activities against self and others</li> </ul>	<i>Pre Level 1/Level 1</i> – Honey Pot <i>Level 1</i> – Off, Up & Away, Colour Match <i>Level 2</i> – Furthest Five, Pass the Baton, Take Aim, <i>Level 2/3</i> – Faster, Higher, Further

4-7 yrs	EYFS	Key Stage 1
<b>Running</b>	<ul style="list-style-type: none"> <li>Experiment with running, jumping, hopping and stopping</li> <li>Change dynamics – walk slowly/quickly</li> <li>Experience practicing actions to improve</li> <li>Move with control and co-ordination</li> <li>Combine basic actions with more advanced spatial awareness</li> </ul>	<ul style="list-style-type: none"> <li>Run for 1 minute</li> <li>Show differences in running at speed and jogging</li> <li>Use different techniques to meet challenges</li> <li>Describe different ways of running</li> </ul>
<b>Jumping</b>	<ul style="list-style-type: none"> <li>Explore the 5 basic jumps with increasing control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</li> <li>Jump over low barriers</li> <li>Challenge themselves to jump further/higher</li> </ul>	<ul style="list-style-type: none"> <li>Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</li> <li>Perform combinations of the above</li> <li>Show control at take-off and landing</li> <li>Describe different ways of jumping</li> </ul>
<b>Throwing</b>	<ul style="list-style-type: none"> <li>Apply restrictions e.g. throwing into a specific target</li> <li>Handle equipment safely</li> <li>Perform basic actions using equipment e.g. rolling, underarm</li> </ul>	<ul style="list-style-type: none"> <li>Throw into targets</li> <li>Perform a range of throwing actions e.g. rolling, underarm, overarm</li> <li>Describe different ways of throwing</li> </ul>
<b>Communication and understanding of health</b>	<ul style="list-style-type: none"> <li>Describe how the body feels when still and when exercising.</li> <li>Talk about what they have done.</li> <li>Talk about what others have done.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise and describe how the body feels during and after different physical activities.</li> <li>Explain what they need to stay healthy.</li> <li>Carry and place equipment safely and sensibly.</li> <li>Watch and describe performances and use what they see to improve their own performance.</li> <li>Talk about the differences between their work and that of others.</li> </ul>