

## ATHLETICS in LOWER KEY STAGE 2 and UPPER KEY STAGE 2 – 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>learn to use a broader range of skills in isolation and combination</li> <li>enjoy competing against each other</li> <li>develop an understanding of how to improve and learn to evaluate and recognise their own success</li> <li>develop strength, technique and control</li> </ul>	<b>Level 2</b> – Furthest Five, Pass the Baton, Take Aim, <b>Level 2/3</b> – Faster, Higher, Further <b>Level 3/4</b> – Three Jump Challenge, Distance Challenge

7 – 11 yrs	Lower Key Stage 2	Upper Key Stage 2
<b>Running</b>	<ul style="list-style-type: none"> <li>Run smoothly at different speeds</li> <li>Choose different styles of running of different distances</li> <li>Pace and sustain their effort over longer distances</li> <li>Watch and describe specific aspects of running e.g. what arms and legs are doing</li> <li>Recognise and record how the body works in different types of challenges over different distances</li> <li>With guidance, set realistic targets of times to achieve over a short and longer distance</li> </ul>	<ul style="list-style-type: none"> <li>Sustain pace over longer distance – 2 minutes</li> <li>Relay change-overs</li> <li>Set realistic targets for self, of times to achieve over a short and longer distance</li> <li>Identify the main strengths of a performance of self and others</li> <li>Identify parts of the performance that need to be improved</li> <li>Perform a range of warm-up exercises specific to running for short and longer distances</li> </ul>
<b>Jumping</b>	<ul style="list-style-type: none"> <li>Perform combinations of jumps e.g. hop, step, jump showing control and consistency</li> <li>Choose different styles of jumping</li> <li>Watch and describe specific aspects of jumping e.g. what arms and legs are doing</li> <li>With guidance, set realistic targets when jumping for distance or height</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</li> <li>Set realistic targets for self, when jumping for distance or height</li> </ul>
<b>Throwing</b>	<ul style="list-style-type: none"> <li>Explore different styles of throwing e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)</li> <li>Throw with greater control</li> <li>Consistently hit a target with a range of implements</li> <li>Watch and describe specific aspects of throwing e.g. what arms and legs are doing</li> <li>With guidance, set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others</li> </ul>	<ul style="list-style-type: none"> <li>Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus</li> <li>Organise small groups to safely take turns when throwing and retrieving implements</li> <li>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</li> </ul>
<b>Communication and understanding of health</b>	<ul style="list-style-type: none"> <li>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> <li>Modify their use of skills or techniques to achieve a better result.</li> <li>Describe how the body reacts at different times and how this affects performance.</li> <li>Explain why exercise, including athletics, is good for your health.</li> <li>Know some reasons for warming up and cooling down.</li> </ul>	<ul style="list-style-type: none"> <li>Choose and use criteria to evaluate own and others' performances.</li> <li>Explain why they have used particular skills or techniques, and the effect they have had on their performance</li> <li>Understand the importance of warming up and cooling down.</li> <li>Explain why athletics can help stamina and strength.</li> <li>Carry out warm-ups and cool-downs safely and effectively.</li> <li>Understand why exercise including athletics is good for health, fitness and wellbeing.</li> <li>Know ways they can become healthier.</li> </ul>