

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

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| National Curriculum Statements of Attainment | Core Assessment Tasks: |
| Pupils should: <ul style="list-style-type: none"> develop and begin to master fundamental movement skills; running, jumping, throwing become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations engage in competitive activities against self and others | Level 1 – Up Off and Away (Durham). Level 2 – Colour Match – throwing |

| 5-7 yrs | Year 1 | Year 2 |
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| Running | <ul style="list-style-type: none"> Experiment with running, jumping, hopping and stopping Change dynamics – walk slowly/quickly Experience practicing actions to improve Move with control and co-ordination Combine basic actions with more advanced spatial awareness | <ul style="list-style-type: none"> Recap previous learning Run for 1 minute Show differences in running at speed and jogging Use different techniques to meet challenges Describe different ways of running Explain what is successful or how to improve |
| Jumping | <ul style="list-style-type: none"> Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot) Perform combinations of the above Show control at take-off and landing Describe different ways of jumping Explain what is successful or how to improve | N/A |
| Throwing | <ul style="list-style-type: none"> Apply restrictions e.g. throwing into a specific target Handle equipment safely Perform basic actions using equipment e.g. rolling, underarm | <ul style="list-style-type: none"> Throw into targets Perform a range of throwing actions e.g. rolling, underarm, overarm Describe different ways of throwing Explain what is successful or how to improve |
| Vocabulary | <ul style="list-style-type: none"> Equipment, over, under, landing, take-off | <ul style="list-style-type: none"> Challenge, successful, improve, increase, decrease |