

ATHLETICS in UPPER KEY STAGE 2 – development of skills linked to the core assessment tasks

National Curriculum Statements of Attainment	Core Assessment Tasks:
Pupils should: <ul style="list-style-type: none"> learn to use a broader range of skills in isolation and combination enjoy competing against each other develop an understanding of how to improve and learn to evaluate and recognise their own success develop strength, technique and control 	Level 2 –Take Aim (throwing) Level 3/4 – Three Jump Challenge (jumping)

9 – 11 yrs	Year 5	Year 6
Running	<ul style="list-style-type: none"> Recap on previous learning and vocabulary Perform a range of warm-up exercises specific to running for short and longer distances Explain how warming up affects performance Experiment with a variety of starting positions and evaluate impact e.g. starting from sitting position, standing and correct starting position Beginning to build a variety of running techniques and use with confidence Record peers performances and evaluate these. Pass a baton with increasing confidence 	<ul style="list-style-type: none"> Recap on previous learning and vocabulary Set realistic targets for self, of times to achieve over a short and longer distance Identify the main strengths of a performance of self and others Identify parts of the a jumping run up that need to be improved Perform a range of warm-up exercises specific to running for short and longer distances Explain how warming up affects performance Explain why athletics can help stamina and strength
Jumping	<ul style="list-style-type: none"> Demonstrate all 5 basic jumps showing power and control and consistency at both take-off and landing Can confidently perform a jump with more than one component e.g. triple jump Select 3 of the most appropriate jumps and perform them confidently and consecutively Confidently select an appropriate distance for run up Set realistic targets for self, when jumping for distance 	<ul style="list-style-type: none"> Demonstrate all 5 basic jumps showing power and control and consistency at both take-off and landing Select 3 of the most appropriate jumps and perform them confidently and consecutively Confidently select an appropriate distance for run up Set realistic targets for self, when jumping for distance
Throwing	<ul style="list-style-type: none"> Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with a Vortex Howler Work in pairs, one thrower, one scorer, to create a scoring system, which includes understanding and adhering to rules. Organise small groups to SAFELY take turns when throwing and retrieving implements Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others 	<ul style="list-style-type: none"> Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with a Vortex Howler Work in pairs, one thrower, one scorer, to create a scoring system, which includes understanding and adhering to rules. Organise small groups to SAFELY take turns when throwing and retrieving implements <p>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</p>
Vocabulary	<ul style="list-style-type: none"> Vortex, techniques, evaluate, consecutively, adhere, consistency, retrieving, component, slinging 	<ul style="list-style-type: none"> Stamina, adhere, consecutively, consistency, stamina, appropriate, efficiency