

## Athletics

		Year 1	Year 2	Year 3	Year 4
Physical	<b>Running</b>	In a straight line Round obstacles	Different speeds To cover a distance without stopping (pacing)	To cover a distance without stopping (pacing)	Sprinting technique
	<b>Jumping</b>	Hop Jump Step	Consolidation of previous years' work	Jumping for distance Combining jumps Take off at 45 Jump high Use arms to drive up	Consolidation of previous years' work
	<b>Throwing</b>		For distance For accuracy Angle of release	Consolidation of previous years' work	Sling (quoit) Pull (shuttlecock) Push (basketball)
Cognitive	<b>Track Events</b>			Relays Middle distance	Sprint
	<b>Field Events</b>			Long Jump Triple Jump	
Health and Wellbeing	<b>Fitness</b> <b>Character</b> <b>Safety</b> <b>Emotional well-being</b>	Enjoy participating Participate safely	Run without stopping	Practise to improve (resilience)	Participate in an average of 60 minutes of physical activity per day
Personal	<b>Interactions</b> <b>Rules</b> <b>Teams</b> <b>Personal best</b>	Have confidence to perform	Follow safety rules when throwing	Work co-operatively in small groups	Measuring, Timing and Recording Understand concept of personal best and how to improve