

**Birchwood Physical Education Curriculum Map: Athletics**



Year Group	Substantive Knowledge	Disciplinary Knowledge	Vocabulary	Resources
<b>Reception - spring</b>	<p><b>Spring 2</b></p> <ul style="list-style-type: none"> <li>-Know that that warming up is essential before a PE session.</li> <li>-Know that we wear different clothes for PE.</li> <li>-Know that to push an object requires force from arms and hands.</li> <li>-Know a target is something we aim to hit or reach.</li> <li>-Know to throw something we use our hands and arms.</li> <li>-Know that running is a movement with arms and legs, and is a fast movement.</li> <li>-Know that within chasing games there are rules and listening is important.</li> </ul> <p>Know that having space and changing speed can assist us to stay safe.</p> <ul style="list-style-type: none"> <li>-Know that jumping is when our two feet leave the floor at the same time</li> <li>-Know that a hop is where one leg is bent and raised the other is still in contact with the ground.</li> <li>-Know that when you hop or jump you leave the floor for an amount of time.</li> </ul>	<p><b>Spring 2</b></p> <ul style="list-style-type: none"> <li>-Understand that warm ups are important before physical exercise.</li> <li>-Understand the need to have own kit for PE sessions.</li> <li>-Push an object (ball)</li> <li>-Push an object towards a target.</li> <li>-Throw a ball towards a target under arm.</li> <li>-Throw a ball/bean bag into a target using under arm throw.</li> <li>- Run in a straight line towards a cone.</li> <li>-Run towards a cone and back again.</li> <li>-Safely play a chasing game with other children (tag, stuck in the mud, tails)</li> <li>- Negotiate speed and space more confidently.</li> <li>- Begin to jump in the air and over things.</li> <li>-Begin to hop on one leg.</li> </ul>	<p>Listen, rules, push, force, kit, ball, beanbag, move, team, safety, throw, under arm, play, run, jump, hop</p>	<p>PE kit, hoops, cones, bean bags, scarfs, bibs,</p>
<b>Year 1</b>	<p><b>Summer 2</b></p> <ul style="list-style-type: none"> <li>- Describe how the body feels before, during and after exercise.</li> <li>- Know how to move in different ways (e.g. forwards and backward, changing speeds, changing direction, hopping, walking, jogging and running).</li> <li>- Know how to change direction when running.</li> <li>- Know how to jump in the air - bent legs, throw arms up.</li> <li>- Know the different types of jumps.</li> <li>- Know how to land safely (knees bent – knees should be over feet when land).</li> <li>- Know what an underarm throw is and how to do it (underarm and opposite foot forward).</li> <li>- Know what an over arm throw is and how to do it (opposite foot forward and start with bent elbow and extend arm).</li> </ul>	<p><b>Summer 2</b></p> <ul style="list-style-type: none"> <li>- Move in different ways showing some control and purpose (e.g. forwards and backward, changing speeds, changing direction, hopping, walking, jogging and running).</li> <li>- Jump in the air (bending knees and using arms) and know how to land safely (knees bent – knees should be over feet when land).</li> <li>- Perform different types of jumps; for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</li> <li>- Investigate the best jumps to cover different distances.</li> <li>- Throw a ball underarm and overarm.</li> <li>- Throw a javelin overarm.</li> </ul>	<p>Sprint, run, jog, walk, hopping, speed, direction, jump, throw, overarm, underarm.</p>	<p>Beanbags, balls, infant javelins.</p>
<b>Year 2</b>	<p><b>Autumn 1</b></p> <ul style="list-style-type: none"> <li>- Recognise and describe how the body feels during and after different physical activities.</li> <li>- Know how to throw underarm.</li> <li>- Know how to throw overarm.</li> <li>- Know how to change speed when travelling.</li> <li>- Know how to jump for distance (bend knees and propel forward with arms).</li> <li>- Know how to balance (engage core, arms out, focal point).</li> </ul>	<p><b>Autumn 1 (Indoor Athletics Competition)</b></p> <ul style="list-style-type: none"> <li>- Throw underarm with accuracy at targets at different distances. (Throw different coloured bean bags into the correct coloured hoops).</li> <li>- Throw overarm for distance.</li> <li>- Vary the speed and direction in which they are travelling.</li> <li>- Jump for distance from standing (bend knees and propel forward with arms).</li> <li>- Develop hand-eye coordination and spatial awareness (Stepper – Infant Agility Resource).</li> <li>- Control and stability when balancing on one leg.</li> </ul>	<p>Underarm throw, overarm throw, distance, target, accuracy, speed, jump, hand-eye coordination, spatial awareness, control, balance.</p>	<p>Beanbag, hoops, infant agility jumper mats, javelin, tape measure, cones. Infant Agility cards in the resource area.</p>

	<p><b>Summer 2</b></p> <ul style="list-style-type: none"> <li>- Recognise and describe how the body feels during and after different physical activities.</li> <li>- Know how to combine jumps with control.</li> <li>- Know how to jump for height (bent legs and propelling yourself up with your arms).</li> </ul>	<p><b>Summer 2</b></p> <ul style="list-style-type: none"> <li>- Move in different ways with increased control and purpose (e.g. as Year 1 and side steps).</li> <li>- Run for speed over a short distance.</li> <li>- Combine different jumps together with fluency and control (see Year 1 jumps).</li> <li>- Jump as high as possible beginning to use best technique (bent legs and propelling yourself up with your arms).</li> <li>- Throw with accuracy at targets of different heights (overarm).</li> </ul>	<p>Pace, speed, direction, distance, control, accuracy, height, overarm.</p>	<p>Beanbags, balls, javelins, hoops, spots.</p>
Year 3	<p><b>Summer 2</b></p> <ul style="list-style-type: none"> <li>- Recognise and describe the effects of exercise on the body.</li> <li>- Explain why it is important to warm up and cool down.</li> <li>- Understand what pace is.</li> <li>- Know the most suitable pace and speed for different distances.</li> <li>- Understand how a relay works and how to change the baton.</li> <li>- Know how to perform a standing long jump.</li> </ul>	<p><b>Summer 2</b></p> <ul style="list-style-type: none"> <li>- Select the most suitable pace and speed for the distance (50m sprint and 400m distance).</li> <li>- Focus on their arm and leg action to improve their sprinting technique.</li> <li>- Run in a relay race using the correct baton changeover technique.</li> <li>- Develop an effective take-off for the standing long jump.</li> <li>- Develop an effective flight phase for standing long jump and landing safely.</li> <li>- Land safely and with control.</li> <li>- Show increasing accuracy and control in their overarm throw for distance (javelin and ball throw).</li> <li>- Watch, describe and evaluate the effectiveness of a performance for jumps and throws.</li> </ul>	<p>Pace, speed, distance, baton, changeover, standing long jump, take-off, flight.</p>	<p>Batons, tape measure, balls (variety of sizes), javelins.</p>
Year 4	<p><b>Spring 2 - (Quad Kids Competition)</b></p> <ul style="list-style-type: none"> <li>- Describe how the body reacts at different times and how this affects performance.</li> <li>- Explain why exercise is good for your health.</li> <li>- Know some reasons for warming up and cooling down.</li> <li>- Know how to carry out a sprint finish (lean forward over the finish line).</li> <li>- Know how to perform a standing long jump (see Sportshall Athletics Primary Rules and Guidance Document).</li> </ul>	<p><b>Spring 2 - (Quad Kids Competition)</b></p> <ul style="list-style-type: none"> <li>- Select the most suitable pace and speed for the distance (75m sprint and 600m distance).</li> <li>- Carry out a sprint finish.</li> <li>- Apply an effective take-off for the standing long jump.</li> <li>- Apply an effective flight phase for standing long jump and landing safely and with control.</li> <li>- Show increasing accuracy and control in their overarm throw for distance (howler).</li> <li>- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> </ul>	<p>Pace, sprint finish, take-off, flight phase, standing long jump, standing triple jump, howler.</p>	<p>QuadKids Guidance, Sportshall Athletics Primary Rules and Guidance Document, standing long jump mat, howler,  <a href="https://www.youtube-nocookie.com/embed/dVgtvAXeBQw?playlist=dVgtvAXeBQw&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=">https://www.youtube-nocookie.com/embed/dVgtvAXeBQw?playlist=dVgtvAXeBQw&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=</a></p>

<b>Year 5</b>	<b>Summer 1</b> <ul style="list-style-type: none"> <li>- Know and understand the reasons for warming up and cooling down.</li> <li>- Explain some safety principles when preparing for and during exercise.</li> <li>- Know how their arm and leg act can improve their sprinting technique.</li> <li>- Understand the technique for hurdling – leading leg over first then trail leg after.</li> <li>- Know how to perform a long jump by running and taking off with lead foot on the board and landing two feet.</li> <li>- Know how to run up and that this can lead to an increase in momentum to help you throw.</li> </ul>	<b>Summer 1</b> <ul style="list-style-type: none"> <li>- Accelerate from sprint start and select their preferred position.</li> <li>- Improve their reaction times when performing a sprint start.</li> <li>- Begin to combine running with jumping over hurdles.</li> <li>- Focus on trail leg and lead leg action when running over hurdles.</li> <li>- Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</li> <li>- Perform a long jump (focus on run up and take off).</li> <li>- Throw a variety of equipment using a run up to increase momentum.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> </ul>	Sprint start, long jump, momentum, hurdles, trail leg, lead leg, stride pattern.	Hurdles, javelins, sand pit.

<p><b>Year 6</b></p>	<p><b>Autumn 1 - (Sports Hall Athletics)</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of warming up and cooling down.</li> <li>- Carry out warm-ups and cool-downs safely and effectively.</li> <li>- Understand why exercise is good for health, fitness and wellbeing.</li> <li>- Know ways they can be healthier.</li> <li>- Know to use their leading leg to push off and change direction on Reversaboard.</li> <li>- Understand how to effectively complete each element on the obstacle course (see Sportshall Athletics document).</li> <li>- Know to perform a triple jump it is a hop, step and jump from standing position, requiring both leg strength and co-ordination.</li> <li>- Know how to perform a vertical jump (see Sportshall Athletics document).</li> <li>- Know how to perform a chest push using a weighted ball (see Sportshall Athletics document).</li> </ul>	<p><b>Autumn 1 - (Sports Hall Athletics)</b></p> <ul style="list-style-type: none"> <li>- To use a Reversaboard to change direction (Page 4 in Sportshall Athletics Primary Rules and Guidance Document).</li> <li>- Complete the obstacle course (Page 5 in Sportshall Athletics Primary Rules and Guidance Document).</li> <li>- Complete the over under relay (Page 6 in Sportshall Athletics Primary Rules and Guidance Document).</li> <li>- Perform a standing triple jump (Page 8 in Sportshall Athletics Primary Rules and Guidance Document).</li> <li>- Develop an effective technique for standing vertical jump (jumping for height) including take-off and flight (Page 9 in Sportshall Athletics Primary Rules and Guidance Document).</li> <li>- Develop speed, rhythm and co-ordination using a speed bounce (Page 10 in Sportshall Athletics Primary Rules and Guidance Document).</li> <li>- Perform a standing throw using a weighted ball from the chest (chest push) (Page 11 in Sportshall Athletics Primary Rules and Guidance Document).</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul>	<p>Reversaboard, vertical jump, standing triple jump, speed bounce, weighted ball, chest push.</p>	<p>Sportshall Athletics Primary Rules and Guidance Document, Reversaboard, batons, obstacle race equipment, high stepper, long jump mats, speed bounce, weighted ball.</p>
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