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|  **Birchwood Physical Education Curriculum Map: Athletics** |
| **Year Group** | **Substantive Knowledge** | **Disciplinary Knowledge** | **Vocabulary**  | **Resources** |
| **Reception -spring** | **Spring 2**-Know that that warming up is essential before a PE session.-Know that we wear different clothes for PE.-Know that to push an object requires force from arms and hands.-Know a target is something we aim to hit or reach.-Know to throw something we use our hands and arms.-Know that running is a movement with arms and legs, and is a fast movement.-Know that within chasing games there are rules and listening is important.Know that having space and changing speed can assist us to stay safe.-Know that jumping is when our two feet leave the floor at the same time-Know that a hop is where one leg is bent and raised the other is still in contact with the ground.-Know that when you hop or jump you leave the floor for an amount of time. | **Spring 2****-**Understand that warm ups are important before physical exercise.-Understand the need to have own kit for PE sessions.-Push an object (ball)-Push an object towards a target.-Throw a ball towards a target under arm.-Throw a ball/bean bag into a target using under arm throw.- Run in a straight line towards a cone.-Run towards a cone and back again.-Safely play a chasing game with other children (tag, stuck in the mud, tails)- Negotiate speed and space more confidently.- Begin to jump in the air and over things.-Begin to hop on one leg. | Listen, rules, push, force, kit, ball, beanbag, move, team, safety, throw, under arm, play, run, jump, hop | PE kit, hoops, cones, bean bags, scarfs, bibs,  |
| **Year 1** | **Summer 2**- Describe how the body feels before, during and after exercise.- Know how to move in different ways (e.g. forwards and backward, changing speeds, changing direction, hopping, walking, jogging and running). - Know how to change direction when running. - Know how to jump in the air - bent legs, throw arms up. - Know the different types of jumps. - Know how to land safely (knees bent – knees should be over feet when land).  - Know what an underarm throw is and how to do it (underarm and opposite foot forward).- Know what an over arm throw is and how to do it (opposite foot forward and start with bent elbow and extend arm).  | **Summer 2**- Move in different ways showing some control and purpose (e.g. forwards and backward, changing speeds, changing direction, hopping, walking, jogging and running). - Jump in the air (bending knees and using arms) and know how to land safely (knees bent – knees should be over feet when land). - 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. - Investigate the best jumps to cover different distances.- Throw a ball underarm and overarm.- Throw a javelin overarm.  | Sprint, run, jog, walk, hopping, speed, direction, jump, throw, overarm, underarm.  | Beanbags, balls, infant javelins. |
| **Year 2** | **Autumn 1**- Recognise and describe how the body feels during and after different physical activities.- Know how to throw underarm. - Know how to throw overarm. - Know how to change speed when travelling.- Know how to jump for distance (bend knees and propel forward with arms).- Know how to balance (engage core, arms out, focal point). **Summer 2**- Recognise and describe how the body feels during and after different physical activities.- Know how to combine jumps with control. - Know how to jump for height (bent legs and propelling yourself up with your arms).   | **Autumn 1 (Indoor Athletics Competition)** - Throw underarm with accuracy at targets at different distances. (Throw different coloured bean bags into the correct coloured hoops). - Throw overarm for distance. - Vary the speed and direction in which they are travelling. - Jump for distance from standing (bend knees and propel forward with arms).- Develop hand-eye coordination and spatial awareness (Stepper – Infant Agility Resource). - Control and stability when balancing on one leg. **Summer 2**- Move in different ways with increased control and purpose (e.g. as Year 1 and side steps). - Run for speed over a short distance. - Combine different jumps together with fluency and control (see Year 1 jumps). - Jump as high as possible beginning to use best technique (bent legs and propelling yourself up with your arms).- Throw with accuracy at targets of different heights (overarm).  | Underarm throw, overarm throw, distance, target, accuracy, speed, jump, hand-eye coordination, spatial awareness, control, balance. Pace, speed, direction, distance, control, accuracy, height, overarm. | Beanbag, hoops, infant agility jumper mats, javelin, tape measure, cones. Infant Agility cards in the resource area.Beanbags, balls, javelins, hoops, spots.  |
| **Year 3** | **Summer 2**- Recognise and describe the effects of exercise on the body. - Explain why it is important to warm up and cool down.- Understand what pace is. - Know the most suitable pace and speed for different distances.**-** Understand how a relay works and how to change the baton. - Know how to perform a standing long jump.  | **Summer 2**-Select the most suitable pace and speed for the distance (50m sprint and 400m distance).- Focus on their arm and leg action to improve their sprinting technique. **-** Run in a relay race using the correct baton changeover technique. **-** Develop an effective take-off for the standing long jump. **-** Develop an effective flight phase for standing long jump and landing safely. **-** Land safely and with control.**-** Show increasing accuracy and control in their overarm throw for distance (javelin and ball throw). - Watch, describe and evaluate the effectiveness of a performance for jumps and throws.  | Pace, speed, distance, baton, changeover, standing long jump, take-off, flight. | Batons, tape measure, balls (variety of sizes), javelins.  |
| **Year 4** | **Spring 2 - (Quad Kids Competition)**- Describe how the body reacts at different times and how this affects performance. - Explain why exercise is good for your health. - Know some reasons for warming up and cooling down.- Know how to carry out a sprint finish (lean forward over the finish line). - Know how to perform a standing long jump (see Sportshall Athletics Primary Rules and Guidance Document).  | **Spring 2 - (Quad Kids Competition)**- Select the most suitable pace and speed for the distance (75m sprint and 600m distance).- Carry out a sprint finish.**-** Apply an effective take-off for the standing long jump. **-** Apply an effective flight phase for standing long jump and landing safely and with control. **-** Show increasing accuracy and control in their overarm throw for distance (howler).- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  | Pace, sprint finsh, take-off, flight phase, standing long jump, howler.  | QuadKids Guidance, Sportshall Athletics Primary Rules and Guidance Document, standing long jump mat, howler, [**https://www.youtube-nocookie.com/embed/dVgtvAXeBQw?playlist=dVgtvAXeBQw&autoplay=1&iv\_load\_policy=3&loop=1&modestbranding=1&start**](https://www.youtube-nocookie.com/embed/dVgtvAXeBQw?playlist=dVgtvAXeBQw&autoplay=1&iv_load_policy=3&loop=1&modestbranding=1&start)**=** |
| **Year 5** | **Summer 1*** Know and understand the reasons for warming up and cooling down.
* Explain some safety principles when preparing for and during exercise.
* Know how their arm and leg act can improve their sprinting technique.
* Understand the technique for hurdling – leading leg over first then trial leg after.
* Know how to perform a long jump by running and taking off with lead foot on the board and landing two feet.
* Know how to run up and that this can lead to an increase in momentum to help you throw.
 | **Summer 1**- Accelerate from sprint start and select their preferred position. - Improve their reaction times when performing a sprint start.- Begin to combine running with jumping over hurdles.- Focus on trail leg and lead leg action when running over hurdles. - Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. **-** Perform a long jump (focus on run up and take off). - Throw a variety of equipment using a run up to increase momentum.- Explain why they have used particular skills or techniques, and the effect they have had on their performance. | Sprint start, long jump, momentum, hurdles, trail leg, lead leg, stride pattern. | Hurdles, javelins, sand pit.  |

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| **Year 6** | **Autumn 1 - (Sports Hall Athletics)*** Understand the importance of warming up and cooling down.
* Carry out warm-ups and cool-downs safely and effectively.
* Understand why exercise is good for health, fitness and wellbeing.
* Know ways they can be healthier.
* Know to use their leading leg to push off and change direction on Reversaboard.
* Understand how to effectively complete each element on the obstacle course (see Sportshall Athletics document).
* Know to perform a triple jump it is a hop, step and jump from standing position, requiring both leg strength and co-ordination.
* Know how to perform a vertical jump (see Sportshall Athletics document).
* Know how to perform a chest push using a weighted ball (see Sportshall Athletics document).
 | **Autumn 1 - (Sports Hall Athletics)*** To use a Reversaboard to change direction (Page 4 in Sportshall Athletics Primary Rules and Guidance Document).
* Complete the obstacle course (Page 5 in Sportshall Athletics Primary Rules and Guidance Document).
* Complete the over under relay (Page 6 in Sportshall Athletics Primary Rules and Guidance Document).
* Perform a standing triple jump (Page 8 in Sportshall Athletics Primary Rules and Guidance Document).
* 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).
* Develop speed, rhythm and co-ordination using a speed bounce (Page 10 in Sportshall Athletics Primary Rules and Guidance Document).
* Perform a standing throw using a weighted ball from the chest (chest push) (Page 11 in Sportshall Athletics Primary Rules and Guidance Document).
* Thoroughly evaluate their own and others’ work, suggesting thoughtful and appropriate improvements.
 | Reversaboard, vertical jump, standing triple jump, speed bounce, weighted ball, chest push.  | Sportshall Athletics Primary Rules and Guidance Document, Reversaboards, batons, obstacle race equipment, high stepper, long jump mats, speed bounce, weighted ball. |