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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. |