

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).	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.	Underarm throw, overarm throw, distance, target, accuracy, speed, jump, hand-eye coordination, spatial awareness, control, balance.	Beanbag, hoops, infant agility jumper mats, javelin, tape measure, cones. Infant Agility cards in the resource area.

	<p>Summer 2</p> <ul style="list-style-type: none"> - 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). 	<p>Summer 2</p> <ul style="list-style-type: none"> - 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). 	<p>Pace, speed, direction, distance, control, accuracy, height, overarm.</p>	<p>Beanbags, balls, javelins, hoops, spots.</p>
Year 3	<p>Summer 2</p> <ul style="list-style-type: none"> - 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. 	<p>Summer 2</p> <ul style="list-style-type: none"> - 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. 	<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>Spring 2 - (Quad Kids Competition)</p> <ul style="list-style-type: none"> - 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). 	<p>Spring 2 - (Quad Kids Competition)</p> <ul style="list-style-type: none"> - 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. 	<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, https://www.youtube-nocookie.com/embed/dVgtvAXeBQw?playlist=dVgtvAXeBQw&autoplay=1&iv_load_policy=3&loop=1&modestbranding=1&start=</p>

Year 5	Summer 1 <ul style="list-style-type: none"> - 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 trail 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 <ul style="list-style-type: none"> - 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.

<p>Year 6</p>	<p>Autumn 1 - (Sports Hall Athletics)</p> <ul style="list-style-type: none"> - 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). 	<p>Autumn 1 - (Sports Hall Athletics)</p> <ul style="list-style-type: none"> - 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. 	<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>
----------------------	---	--	--	--