

## PE - Athletics Skill Progression (End Points)

Year group	Head	Heart	Hands
Year 3 Skills	Head <ul style="list-style-type: none"> <li>• use equipment safely</li> <li>• identify which events best at</li> </ul>	Heart <ul style="list-style-type: none"> <li>• try hard to achieve best</li> <li>• co-operate with others</li> </ul>	Hands <ul style="list-style-type: none"> <li>• perform a range of athletic throwing events using a basic technique</li> <li>• jump from 2 feet and land on 2 feet using a basic standing long jump technique</li> <li>• understand the difference between jogging, running and sprinting</li> </ul>
Year 4 Skills	Head <ul style="list-style-type: none"> <li>• use equipment safely with good control</li> <li>• use athletic vocabulary when describing performances</li> </ul>	Heart <ul style="list-style-type: none"> <li>• show determination to achieve best</li> <li>• compete resiliently with others</li> </ul>	Hands <ul style="list-style-type: none"> <li>• understand and can perform a range of athletic throwing events using a basic technique for accuracy and distance</li> <li>• can perform a standing long jump with good technique and control</li> <li>• can pace self, according to a set distance</li> </ul>
Year 5 Skills	Head <ul style="list-style-type: none"> <li>• aware of the differences in skills and techniques required at indoor and outdoor athletics</li> </ul>	Heart <ul style="list-style-type: none"> <li>• honest when recording results for personal best</li> <li>• show self-belief in performance</li> <li>• demonstrate good teamwork when performing relay races</li> </ul>	Hands <ul style="list-style-type: none"> <li>• throw for distance with power and accuracy</li> <li>• hop, skip and jump to form a basic standing triple jump</li> </ul>
Year 6 Skills	Head <ul style="list-style-type: none"> <li>• record and watch performance using ipads and suggest ways to improve performance</li> <li>• measure performance and suggest ways to improve</li> <li>• aware of the differences in skills and techniques required at indoor and outdoor athletics</li> </ul>	Heart <ul style="list-style-type: none"> <li>• can lead by example</li> <li>• make a team plan and communicate it to others</li> </ul>	Hands <ul style="list-style-type: none"> <li>• perform a standing long jump with excellent technique</li> <li>• perform turns and baton changes with excellent control</li> <li>• use power and strength in a range of throwing activities</li> <li>• perform a standing triple jump with excellent technique</li> </ul>