

**Scholar Green Primary School**  
**Athletics Progression Model**

	<b>Knowledge</b>	<b>Skills</b>	<b>Vocabulary</b>
<b>1</b>	<ul style="list-style-type: none"> <li>Know running and jumping is good for them and describe what it feels like.</li> </ul>	<ul style="list-style-type: none"> <li>Improve running technique and run for a longer distance.</li> <li>Be able to complete a run and jump sequence.</li> <li>Develop an under and over arm throwing action into targets.</li> <li>Watch, copy and describe what they have seen.</li> </ul>	Technique Under arm Over arm javelin
<b>2</b>	<ul style="list-style-type: none"> <li>Describe the differences in the way their body feels during different athletic activities.</li> </ul>	<ul style="list-style-type: none"> <li>Run with a good technique at different speeds.</li> <li>Perform a 2 footed jump (standing long jump)</li> <li>Demonstrate a good throwing technique (overarm) and extend accuracy and distance.</li> <li>Begin to watch others and focus on specific actions to improve their own skills.</li> </ul>	Accuracy Distance athlete
<b>3</b>	<ul style="list-style-type: none"> <li>Know the 5 different jumps.</li> <li>Know how a relay race works and when to run.</li> <li>Know when their body is warmer or cooler and when their heart beats faster and slower.</li> </ul>	<ul style="list-style-type: none"> <li>Select running speed for appropriate activities.</li> <li>Make up and repeat a short sequence of linked jumps.</li> <li>Throw a range of objects (javelin/ball/shotput/discus)</li> </ul>	Obstacle Hurdle Discus Shot-put accuracy

		<p>changing their action for accuracy and distance.</p> <ul style="list-style-type: none"> <li>• Be able to perform a baton change accurately.</li> <li>• To be able to hurdle an obstacle whilst maintaining running style.</li> </ul>	
<b>4</b>	<ul style="list-style-type: none"> <li>• Know how different athletic activities changes their heart rate, breathing and temperature.</li> <li>• Know how to achieve their personal best.</li> <li>• To know how long they should exercise for to be healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• Show developing control when using a range of running, jumping and throwing actions.</li> <li>• Perform a range of jumps showing contrasting techniques and begin to use a short run up.</li> <li>• Throw with some accuracy and power into a target.</li> <li>• To learn effective technique for speed bounce.</li> </ul>	Contrasting Effective Heart-rate
<b>5</b>	<ul style="list-style-type: none"> <li>• Know the differences between sprinting and distance running.</li> <li>• Know the principles of warming up.</li> </ul>	<ul style="list-style-type: none"> <li>• Show control in take off activities (standing long jump, triple jump, standing vertical jump).</li> <li>• Predict how different activities will affect heart rate, temperature and performance.</li> </ul>	Principle Fitness Triple-jump Take-off performance

	<ul style="list-style-type: none"> <li>Understand fully why fitness is good for fitness, health and well-being.</li> </ul>		
6	<ul style="list-style-type: none"> <li>Know activities which develop stamina or power.</li> <li>Know why athletics develops strength and stamina.</li> </ul>	<ul style="list-style-type: none"> <li>Choose the best pace for a running event in order to sustain running and improve their personal target.</li> <li>Show power and control in take-off and landing activities.</li> <li>Show accuracy and good technique when throwing for distance.</li> <li>Identify part of a partner's performance that needs to be practised and suggest improvements.</li> </ul>	Pacing Sustain Bell-lap