Athletics 'ession Ladder Running Demonstrate a clear understanding of pace and use it to develop their own Get Set 4 P.E. Running and others sprinting Hurdle with Fundamentals greater technique. Games Unit 1 & 2 Jumping control and Develop take coordination. Ball Skills Unit 1 & 2 Running off position Apply fluency and when jumping Running coordination Jumping for height. When running for Year Effectively apply Develop Throwing power, control ••• speed in relay Develop power, speeds Jumping and technique changeovers. 6 appropriate for Develop power, control and in the the event. technique when control and triple jump. consistency in throwing discus Running jumping for Develop an and javelin. Jumping understanding of Year Running distance. Speed and pace Explore • • $D_{e_{Ve/op}}$ technique and Throwing Jumping in relation to 5 power and rhythm in the speed in the Develop Develop distance. technique and technique triple jump. Sprinting power in javelin technique. when ••• jumping for Year and shot put. Running distance. Jumping Develop the Explore fluency sprinting technique ••• 4 and technique in and apply it to relay • • • Throwing Running Develop fluency the vertical power and technique Explore and rhythm when events. when throwing for jump. running over Year distance in a pull Running obstacles. Jumping Develop the Sprinting Develop throw. 3 technique in a Jumping Explore rhythm when range of approaches and Develop running over obstacles. take off positions. jumping for Throwing height and safety Explore the Year On landing. technique for Jumping Running Develop a pull throw. Explore running at 2 Jumping jumping, different speeds. Explore safely hopping and skipping actions. jumping for Explore running Throwing Develop overarm distance and o_{ver} obstacles. ••• throwing for Year height. Jumping Develop balance distance. Jumping whilst jumping Explore hopping, Running and landing. jumping and Throwing Explore running

Jumping

Explore jumping

and hopping

safely.

EYFS

and stopping.

Explore running

on the balls of

their feet.

Explore throwing

for distance and

accuracy.

leaping for

distance.

Throwing

Explore throwing

to a target.