

SPEED, AGILITY, TRAVEL MANIPULATION & COORDINATION (EYFS) RUN, JUMP, THROW (KS1) ATHLETICS (KS2)	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
EYFS / National Curriculum Links	<p>Speed, Agility, Travel - Unit 1: Manipulation & Coordination - Unit 1:</p> <ul style="list-style-type: none"> Developing speed and agility in travel and movement 	<p>Run, Jump, Throw: Unit 1 & 2:</p> <ul style="list-style-type: none"> Engage in competitive activities against self and others Master basic running, jumping and throwing skills 	<p>Run, Jump, Throw: Unit 1:</p> <ul style="list-style-type: none"> Develop agility in running Participate in competitions for running, jumping and throwing <p>Unit 2:</p> <ul style="list-style-type: none"> Build competence in a range of athletic type activities including running, jumping and throwing Compete as an individual and participate in team games 	<p>Athletics:</p> <ul style="list-style-type: none"> Compete against self and others developing simple technique Master basic movements including running, throwing and jumping Work collaboratively and individually to help improve self and others 	<p>Athletics:</p> <ul style="list-style-type: none"> Compete against self and others developing simple technique Master basic movements including running, throwing and jumping Work collaboratively and individually to help improve self and others 	<p>Athletics:</p> <ul style="list-style-type: none"> Master basic movements including running, throwing and jumping and identify ways to improve Compete against self and others selecting and applying simple techniques effectively Work collaboratively and individually to help improve self and others 	<p>Athletics:</p> <ul style="list-style-type: none"> Compete developing fluency in skills and techniques individually and as part of a team Work in collaboration to apply strategies for maximising speed and distance Compare and contrast team and individual performances across a range of activities
Progression of Skills	<p>Autumn 1 Manipulation & Coordination - Unit 1:</p> <ul style="list-style-type: none"> Send and receive a objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways <p>Autumn 2: Speed, Agility, Travel -Unit 1</p> <ul style="list-style-type: none"> Travel with some control and coordination Change direction at speed through both choice and instructions Stop, start, pause, prepare for and anticipate movement in a variety of situations 	<p>Autumn 2: Run, Jump, Throw - Unit 1 Summer 2: Run, Jump, Throw- Unit 2</p> <ul style="list-style-type: none"> Starting and stopping at speed. Show power in run, use arms. Take off on two feet. Use leading arm to throw. Compete in relay teams. Perform agile movements. Work for sustained periods of time. Negotiate obstacles. Jumping and bounding. Run from different starting positions 	<p>Autumn 2: Run, Jump, Throw - Unit 1 Summer 2: Run, Jump, Throw- Unit 2</p> <ul style="list-style-type: none"> Aware of others when running in space. Create more power with legs and apply to agility test. Select best throw for conditioned games. Perform some static and dynamic balances. Explore their emotions around different challenges. Attempt more accuracy in throws. Perform under pressure. Explore breathing techniques 	<p>Summer 2: Athletics</p> <ul style="list-style-type: none"> Combination jumps. Recognising and performing different paced runs. Approaching hurdles. Pull action when throwing. Skipping technique. Recording scores accurately. 	<p>Summer 2: Athletics</p> <ul style="list-style-type: none"> Aiming at targets. Accelerating over short distances Taking off from run with one foot to increase distance. Sling action when throwing. Perform baton exchanges 	<p>Summer 1: Athletics</p> <ul style="list-style-type: none"> Prepare to run an individual leg. Develop further the principles of pace. Steeplechase and jump for distance. Push action when throwing. Baton exchange within restricted area. Run up for long jump <p>Autumn 2: Sports-Hall Athletics</p> <ul style="list-style-type: none"> Acceleration, deceleration and changing direction (shuttle run) Coordination and leg strength (Standing long-jump). Speed, rhythm and coordination (speed bounce). Hand eye coordination and throwing accuracy (javelin). Throwing strength and accuracy (chest push) Elevation, leg strength and balance (vertical jump). Leg strength and coordination (triple jump) 	<p>Summer 2: Athletics</p> <ul style="list-style-type: none"> Sprint start techniques. Developing the phases of triple jump to jump for distance. Use the heave throw technique. Assess own ability in running tasks. Scissor jump preparation for high jump. Quad track and field competition <p>Autumn 2: Sports-Hall Athletics</p> <ul style="list-style-type: none"> Acceleration, deceleration and changing direction (shuttle run) Coordination and leg strength (Standing long-jump). Speed, rhythm and coordination (speed bounce). Hand eye coordination and throwing accuracy (javelin). Throwing strength and accuracy (chest push) Elevation, leg strength and balance (vertical jump). Leg strength and coordination (triple jump)
Key Vocabulary	<p>Unit 1: agility, alternate, anticipate, apparatus, balance, beat, carry, crawl, feet, freeze, grip, hands, high, hold, hop, jump, low, music, one foot, pause, prepare, reach, roll, slide, slither, stand, step, stop, stretch, switch, touch, weight, moving softly, quietly, quickly, powerfully</p> <p>Unit 2: pattern, shape, sequence, movement, timing, pathway, direction</p> <p>Agility: To be able to change direction at speed</p> <ul style="list-style-type: none"> Dodging others when running in space <p>Travel: How you move about a space</p> <ul style="list-style-type: none"> Crawling/Walking/Running etc 	<p>Unit 1: backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, power, run, sideways, skip, skipping, slow, step, straight, throw</p> <p>Unit 2: Run, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast. Slow, medium, link, skipping, power, track, relay, tag, partner, sprint</p> <p>Relay: A team run equal distances within the same race</p> <ul style="list-style-type: none"> 4 x 100m sprint passing a baton from one team member to the next <p>Sprint: Running as fast as possible over a short distance</p> <ul style="list-style-type: none"> Completing a short distance running race such as 60 metres 	<p>Unit 1: run, throw, handle, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect</p> <p>Unit 2: Lunges, strength, power, repetition, accuracy, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete</p> <p>Stamina: The mental and physical ability to be active over a longer period</p> <ul style="list-style-type: none"> Being able to run continuously over a longer distance <p>Static: Performing an action whilst staying in one place</p> <ul style="list-style-type: none"> Being able to throw on object without a run-up 	<p>Run. Jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, pull, record, pace, approach, combine</p> <p>Power: Using strength at speed</p> <ul style="list-style-type: none"> Being able to jump far with a run-up <p>Pace: The ability to control speed over a set distance</p> <ul style="list-style-type: none"> Running a longer distance such as 400m at a consistent speed 	<p>Run. Jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy</p> <p>Accelerate: Being able to increase speed while running</p> <ul style="list-style-type: none"> Going from a standing start into a sprint race <p>Take off: The last step before performing a jump</p> <ul style="list-style-type: none"> Taking off on one foot for a jump for distance 	<p>Run, jump, throw, agility, power, speed, track, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop-step-jump</p> <p>Force: The ability to exert power over an object Throwing a discus as far as possible</p> <p>Sustain: To keep up a physical action or movement over time</p> <ul style="list-style-type: none"> Being able to run to the end of a race 	<p>Run, jump, throw, agility, power, speed, track, distance, curve, accelerate, hurdles, bounce, relay, baton, safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, STEP, heave, triple, phase, increment, scissor jump.</p> <p>Optimum: A condition that produces the best result</p> <ul style="list-style-type: none"> Releasing an object at the best height to achieve the longest distance when throwing <p>Trajectory: The flight path a thrown object</p> <ul style="list-style-type: none"> The trajectory of a javelin as it travels up then down