

PE - Athletics Curriculum Overview

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