PE Paige loves athletics!

When I grow up I could be a ... athlete, personal trainer, coach or an Olympian!

Join PE Paige in her exploration of athletics! Work on your movement skills, learn techniques and experience the impact of exercise on your body.



Reaching New Horizons

EYFS
Fundamental skills/athletics

Nursery

Beginning to balance



Reception



Ball skills

Throw
Catch
Kick
Space
Take turns

Developing balance and coordination







Exploring movement skills and following simple instructions



Negotiating space
Team work
Play cooperatively
Make choices

Following instructions with more than one action

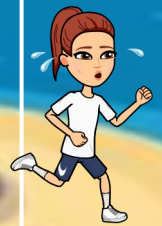
Fundamental skills

Reaching New Horizons

Key Stage One

Year 1

agility
balance,
jumping,
hopping and
leaping in
combination

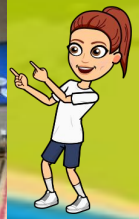


running at varying speeds



Developing sprinting technique





Year 2





Developing coordination and working collaboratively



Jumping for distance
Throwing for distance



Reaching New Horizons

Key Stage Two

Year 3

Nutrition



Reflection
Observing and providing feedback
Exploring ideas
Comprehension

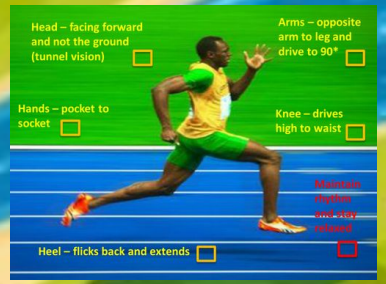
Sprint
Jump for distance
Push throw
Pull through



Observe
Provide Feedback
Explore Technique

Year 4





Pace
Sprint
Jump for distance

Reaching New Horizons

Track and Field Events.

Year 5



Accelerate
Sprint
Pace
Distance
Stamina
Technique
Agility



Standing long jumping demonstrating technique and strength



Relay -developing strategies to successfully pass on the baton.



Shot Put and Javelin – developing different throwing techniques



Hurdles- applying jumping skills.



Reaching New Horizons

To develop power, control and technique

Year 6

The triple jump





Throwing with force and accuracy



Pace
Sprint
Jump for distance
Push throw
Fling throw





Reaching New Horizons