

ATHLETICS in EYFS and KEY STAGE 1 – Development of Skills linked to the Core Assessment Tasks

National Curriculum Statements of Attainment	Core Assessment Tasks:
<p>Pupils should:</p> <ul style="list-style-type: none"> develop and begin to master fundamental movement skills; running, jumping, throwing become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations engage in competitive activities against self and others 	<p>Pre Level 1/Level 1 – Honey Pot Level 1 – Off, Up & Away, Colour Match Level 2 – Furthest Five, Pass the Baton, Take Aim, Level 2/3 – Faster, Higher, Further</p>

4-7 yrs	EYFS	Key Stage 1
Running	<ul style="list-style-type: none"> Experiment with running, jumping, hopping and stopping Change dynamics – walk slowly/quickly Experience practicing actions to improve Move with control and co-ordination Combine basic actions with more advanced spatial awareness 	<ul style="list-style-type: none"> Run for 1 minute Show differences in running at speed and jogging Use different techniques to meet challenges Describe different ways of running Explain what is successful or how to improve (<i>e.g. 'L shaped arms-moving lip to hip action'</i>)
Jumping	<ul style="list-style-type: none"> Explore the 5 basic jumps with increasing control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot) Jump over low barriers Challenge themselves to jump further/higher 	<ul style="list-style-type: none"> Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot) Perform combinations of the above Show control at take-off and landing Describe different ways of jumping Explain what is successful or how to improve
Throwing	<ul style="list-style-type: none"> Apply restrictions e.g. throwing into a specific target Handle equipment safely Perform basic actions using equipment e.g. rolling, underarm 	<ul style="list-style-type: none"> Throw into targets Perform a range of throwing actions e.g. rolling, underarm, overarm Describe different ways of throwing Explain what is successful or how to improve (<i>shoulders facing, finger tips tickling the trols chin etc</i>)