



To develop running techniques. To develop Jumping techniques. To develop throwing techniques.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Running Can travel at different speeds. Can run and change direction. Can run over hurdles. Can jog/sprint in a straight line. Can vary their pace and speed when running.</p> <p>Jumping Can perform a short jumping sequence. Can jump as high/far as possible. Can perform a short jumping sequence. Can perform different types of jumps; two feet to two feet, two feet to one foot, one foot to the same, one foot to the opposite.</p> <p>Throwing Can roll equipment in different ways. Can throw underarm. Can throw an object towards a target. Can throw underarm and overarm. Can improve the distance they throw by using more power.</p>	<p>Running Can develop an awareness of speed and distance. Can show good posture and balance. Can begin to combine running with jumping over hurdles.</p> <p>Jumping Can perform different types of jumps; two feet to two feet, two feet to one foot, one foot to the same, one foot to the opposite. Can combine different jumps together with fluency and control.</p> <p>Can jump for distance from a standing position with accuracy and control.</p> <p>Throwing Can improve the distance they throw by using more power. Can develop the technique for a pull throw e.g. Javelin and large ball Can develop the technique for a push throw e.g. shot put and large ball.</p>	<p>Running Can begin to combine running with jumping over hurdles. Can run at different speeds for short and longer durations. Can focus on their arm and leg action to improve their sprinting technique. Running for speed</p> <p>Jumping Can jump for distance from a standing position with accuracy and control. Can investigate best jumps to cover different distances. Can choose the most appropriate jump for different distances. Can know that the leg muscles are used to perform a jumping action. Can land a jump safely with control.</p> <p>Throwing Can develop the technique for a push throw e.g. shot put and large ball. Can show control when throwing for distance. Can develop the technique for a fling throw, holding the discus/rugby ball correctly.</p>	<p>Running Can focus on their arm and leg action to improve their sprinting technique. Running for speed Can select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Running for distance Can develop spatial awareness by judging height and approach to obstacles. Running over obstacles</p> <p>Jumping Can know that the leg muscles are used to perform a jumping action. Can land a jump safely with control. Can develop an effective take off for the standing long jump. Can develop an effective flight phase for the standing long jump. Can begin to develop a scissor jump technique. Throwing Can develop the technique for a fling throw, holding the discus/rugby ball correctly. Can measure and compare the distance they have thrown. Can develop the technique for a one-handed and two-handed push/pull throw.</p>	<p>Running Can develop spatial awareness by judging height and approach to obstacles. Running over obstacles Can identify and demonstrate stamina and explain its importance for runners. Running for distance Can speed up and slow down smoothly. Can carry out an effective sprint finish. Running for speed Jumping Can begin to develop a scissor jump technique. Can begin to measure and compare distances being jumped. Can show determination to improve distance. Can combine a hop, step and jump to perform the standing triple jump. Throwing Can develop the technique for a one-handed and two-handed push/pull throw. Can develop a fling throw from low to a high release point. Can begin to explore an overhead heave technique.</p>	<p>Running Can speed up and slow down smoothly. Can carry out an effective sprint finish. Running for speed Can perform a three-point start confidently and consistently. Can accelerate from a variety of starting positions. A quick start Can use the correct technique when hurdling e.g. lead leg and trail leg Running over obstacles Jumping Can combine a hop, step and jump to perform the standing triple jump. Can develop an effective technique for a standing vertical jump, including take off and flight. Jumping for height. Can perform a standing triple jump with confidence and accuracy. Throwing Can begin to explore an overhead heave technique. Can develop a three-stride approach with the one-handed pull throw Can use the create technique when performing a fling throw.</p>	<p>Running Can use the correct technique when hurdling e.g. lead leg and trail leg Running over obstacles Can develop a good rhythm and even stride when sprinting. Running for speed Can understand and show the importance of pace and stamina. Running for distance Jumping Can perform a standing triple jump with confidence and accuracy. Can develop and improve their techniques when jumping for height and distance. Can support others in improving their performance. Can perform and apply different types of jumps in a variety of contexts. Run and jump standing Throwing Can use the create technique when performing a fling throw. Can use the correct technique when performing a forward heave throw. Can throw with greater control, accuracy and efficiency. Can support others in improving their performance.</p>	

