

Learning objectives	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
EY								
	To be able to run with control	To be able to change speed when running	To be able to jump forwards from 2 feet to 2 feet	To be able to jump in different ways	To be able to throw objects forwards	To throw underarm towards a target	To work with a partner to complete a challenge	To work with a partner to complete a challenge
Year 1								
	To be able to move with control at speed	To be able to vary the speed of running	To be able to land with control when jumping	To demonstrate how to jump over objects	To be able to throw objects to gain distance	To be able to throw objects towards a target from increasing distances	To follow instructions to complete an athletics circuit	To work with a partner to keep score
Year 2								
	To be able to run quickly towards a target	To demonstrate a controlled change of speed when running	To perform a combination of jumps with control	To demonstrate different ways of leaving floor to gain height	To be able to throw objects using different styles to gain distance	To demonstrate ability to throw an object to a target	To follow instructions to complete an athletics circuit	To score activities accurately
Year 3								
	To run at speed over short distances	To sustain a suitable pace when running for a longer time	To investigate throwing styles from different start positions	To investigate the correct technique to improve distance when throwing over arm	To perform a balanced landing on 2 feet when jumping forwards	To combine hopping and jumping with control	To maintain good running technique when sprinting over obstacles	To work as a team to score points in an athletics circuit

Year 4								
	To describe 3 tips for sprinting	To demonstrate changes in running style between sprinting and distance events	To describe best the stance for a one handed push and pull throw	To throw using a straight arm technique similar to discus	To identify 3 tips when for jumping for distance and height	To practice and improve technique for race walking	To pass and receive a baton effectively	To follow instructions to set up station safely as part of an athletics circuit
Year 5								
	To sprint over short distances with a correct running style	To run at a sustained and consistent pace	To demonstrate a controlled shot put throwing action	To demonstrate the discus throwing technique	To describe the triple jump combination correctly	To jump for distance taking off on one foot and landing on 2	To use rhythm when running over obstacles	To measure and record performance in a variety of different events
Year 6								
	To pass a relay baton using a downward sweep	To plan and devise an endurance circuit to sustain pace over a longer time	To throw a javelin using a pull action	To demonstrate a dynamic heave throw	To perform a scissor jump from a short run up	To perform the triple jump sequence in the correct order	To plan and lead an athletics festival	To take part in another group's festival and give feedback