

YEAR 1

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Athletics- JUMPING	<p>The three Prime ELGS of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon. Particularly: Gross Motor Skills ELG</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Jump in a range of ways, landing safely</p>	<p>Perform and compare different types of jumps: for example, two feet to two feet</p> <p>Combine different jumps together with some fluency and control</p> <p>Jump for distance from a standing position with accuracy and control</p> <p>Investigate the best jumps to cover different distances</p>	<p>Use one and two feet to take off and land with</p> <p>Develop and effective take - off for the standing long jump</p> <p>Develop and effective flight phase for the standing long jump</p> <p>Land safely and with control</p>	<p>Learn how to combine a hop, step and jump to perform the standing triple jump</p> <p>Begin to measure the distance jumped</p> <p>Begin to explain how to land safely and with control</p>	<p>Improve techniques for jumping for distance</p> <p>Perform an effective standing long jump</p> <p>Perform the standing triple jump with increased confidence</p> <p>Develop an effective technique for the standing vertical jump</p> <p>Measure the distance and height jumped with accuracy</p>	<p>Develop a technique for the standing vertical jump</p> <p>Maintain control at each stage of the triple jump</p> <p>Perform and apply different types of jumps in other contexts</p> <p>Set up and lead jumping activities</p>

COMPOSITES

master basic movements including jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

COMPONENTS

	1	2	3	4	5	6	End Point
	Can I jump and land safely?	Can I jump efficiently?	Can I jump in different ways? Can I explore how jumping affects our bodies?	Can I explore skipping?	Can I apply my understanding of jumping and skipping into a game?	Can I show my knowledge of jumping in a competition?	Children will begin to understand the different reasons when, where and why we jump in different ways.

CONCEPTS Link to concept map	COMPETENCE	COMPETENCE	PERFORMANCE HEALTHY ACTIVE LIFESTYLES	COMPETENCE	PERFORMANCE	PERFORMANCE	
SKILLS	Jump in a range of ways, landing safely	Jump in a range of ways, landing safely	Jump in a range of ways, landing safely	Jump in a range of ways, landing safely	Jump in a range of ways, landing safely	Jump in a range of ways, landing safely	Jump in a range of ways, landing safely
KNOWLEDGE PE Knowledge Organiser - Complete PE - Year 1 - Locomotion - Jumping 1	Pupils will apply the correct technique for jumping.	Pupils will develop their jumping skills	Pupils will understand why, when and where we jump.	Pupils will apply the correct technique for jumping and explore skipping	Pupils will develop their jumping skills and jump into spaces to avoid the defenders.	Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.	The unit of work will develop pupils' understanding of how and why we jump, using our head, arms and feet, applying the correct jumping technique
LESSON LINK	Complete PE- Year 1 – Locomotion – Jumping 1	Complete PE- Year 1 – Locomotion – Jumping 1	Complete PE- Year 1 – Locomotion – Jumping 1	Complete PE- Year 1 – Locomotion – Jumping 1	Complete PE- Year 1 – Locomotion – Jumping 1	Complete PE- Year 1 – Locomotion – Jumping 1	
PROGRESSIVE VOCABULARY	jump space hop leap	jump space focus arms knees	jump space focus heart	jump space skip	jump space skip distance defender attacker	jump space skip distance team	Articulate, demonstrate and recognise subject specific vocabulary
CURRICULUM EXPERIENCES						Sports Day	
END POINT	Pupils will begin to understand the different reasons when, where and why we jump in different ways	Pupils will recap how we jump applying the most effective technique using our head, arms and feet	Pupils will apply their jumping skills during a circuit. Pupils will notice that jumping makes our hearts beat faster and why it is important to have a healthy heart.	Pupils will be able to skip and land safely moving into spaces to avoid other pupils.	Pupils will be able to skip and jump moving into spaces to avoid other pupils in a team game.	Pupils will apply their knowledge of jumping into competitions	