

# YEAR 1

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Athletics - RUNNING</b>	<p>The three <b>Prime ELGS</b> of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon. Particularly: <b>Gross Motor Skills ELG</b></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>Run in different ways for a variety of purposes</p> <p>Travel at different <b>speeds</b></p> <p>Travel in different <b>directions</b></p>	<p>Run at different <b>paces</b>, and be able to describe it</p> <p>Use a variety of different <b>stride</b> lengths</p> <p>Begin to select the most suitable <b>pace</b> and speed for distance</p> <p><b>Vary the speed and direction</b> in which they are travelling</p> <p>Be able to <b>maintain</b> and control a run over different distances</p>	<p>Understand the difference between a <b>sprint</b> and a run</p> <p>Focus on their arm and leg action to improve their sprinting technique</p> <p>Identify and demonstrate how different techniques can affect their performance</p> <p>Understand the importance of adjusting running pace to suit the distance being run</p> <p>Focus on <b>trail leg</b> and <b>lead leg</b> action when running over hurdles</p>	<p>Demonstrate an improved technique for sprinting</p> <p>Carry out and effective <b>sprint</b> finish</p> <p>Speed up and slow down smoothly</p> <p>Perform a <b>relay</b> focusing on the baton change over technique</p>	<p><b>Accelerate</b> from a variety of starting positions</p> <p>Identify their reaction times when performing a <b>sprint</b> start</p> <p>Select the most suitable pace for the distance and their fitness level in order to maintain a <b>sustained</b> run</p> <p>Identify and demonstrate <b>stamina</b>, explaining its importance for runners</p>	<p>Recap, practise and refine an effective sprinting technique, including <b>reaction time</b></p> <p>Build up speed quickly for a sprint finish</p> <p><b>Accelerate</b> to pass other competitors</p> <p>Demonstrate <b>endurance</b> and <b>stamina</b> over longer distances</p> <p>Work as a team to <b>competitively</b> perform a relay</p>

## COMPOSITES

master basic movements including running, 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 explore running?	Can I develop my running technique and apply it into a game?	Can I explore running at different speeds?	Can I run as fast in a racing context with the correct running technique?	Can I run for a longer amount of time and work as part of a team?	Can I use my understanding of running and apply it into a game?	Pupils will begin to understand the basic principles of attack and defence as they

							develop their understanding of where we need to run and why.
<b>CONCEPTS</b> <a href="#">Link to concept map</a>	COMPETENCE	PERFORMANCE	COMPETENCE	PERFORMANCE	PERFORMANCE COMPETENCE	PERFORMANCE	
<b>SKILLS</b>	Run in different ways for a variety of purposes	Travel in different directions	Travel at different speeds	Travel at different speeds Travel in different directions	Run in different ways for a variety of purposes	Run in different ways for a variety of purposes Travel at different speeds Travel in different directions	Run in different ways for a variety of purposes travelling and different speeds and in different directions.
<b>KNOWLEDGE</b> <a href="#">PE Knowledge Organiser - Complete PE - Year 1 - Locomotion - Running 1</a>	Pupils will be able to run applying the correct technique to ensure maximum speed.	Pupils will run and stay in a space avoiding the defenders.	Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.	Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.	Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.	Pupils will understand the consequence in a game if they get too close to a defender and get caught.	Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.
<b>LESSON LINK</b>	Complete PE- Year 1 – Locomotion – Running	Complete PE- Year 1 – Locomotion – Running	Complete PE- Year 1 – Locomotion – Running	Complete PE- Year 1 – Locomotion – Running	Complete PE- Year 1 – Locomotion – Running	Complete PE- Year 1 – Locomotion – Running	
<b>PROGRESSIVE VOCABULARY</b>	run technique space speed direction	run technique space direction defenders	run technique space direction defenders speed	run technique space direction defenders speed confidence	run technique team time acceleration	run technique team tag consequence	Articulate, demonstrate and recognise subject specific vocabulary
<b>CURRICULUM EXPERIENCES</b>				Sports Day		Sports Day	
<b>END POINT</b>	Pupils will explore running using different body parts and different techniques and begin to	Pupils will develop their understanding of where we need to run and why.	Pupils will be able to move at different speeds to avoid being caught by another team.	Pupils will develop their understanding of where we need to run and why and change their running depending on the game.	Pupils will develop their understanding of how it feels running at speed over a longer distance.	Pupils will start to develop their understanding of what the consequences could be in a game	

	understand how to run efficiently					if we do not run and avoid the defender.	
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**BIRCHINGTON**



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