



The Cathedral School of St Peter and St John RC Primary

'Growing together within God's loving family, we support, challenge and inspire each other to become the best that we can be'

Physical Education Curriculum

Planning for Progression

Progression in Athletics

<u>Year Group</u>	<u>End result of Scheme of Work</u>
Y1	Introduction to Sprint/Hurdles/Jumping for distance/Throwing for distance
Y2	As above + basic relay technique
Y3	Develop technique of the above & introduce the <u>Chest Push & Triple Jump</u> (Greater K + U of how to effectively complete techniques)
Y4	Develop technique of the above & introduce the <u>400m & Bull nosed Javelin</u> (Greater K + U of how to effectively complete techniques)
Y5	Develop technique of the above & introduce the <u>600m & Shotput</u> (Greater K + U of how to effectively complete techniques)
Y6	



	<p>The children use their K + U to evaluate and improve the performance of their peers</p>
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