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| FS2 | Year 1 | | Year 2 | Year 3 | | Year 4 | Year 5 | | Year 6 |
| **Jumping** | | | | | | | | | |
| Jump in a range of ways, landing safely. | Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.  Perform a short jumping sequence.  Land safely and with control. | | Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.  Combine different jumps together with some fluency and control.  Jump for distance from a standing position with accuracy and control.  Investigate and choose the best jumps to cover different distances.  Know that the leg muscles are used when performing a jumping action. | Use one and two feet to take off and to land with.  Develop an effective take-off for the standing long jump.  Develop an effective flight phase for the standing long jump.  Land safely and with control. | | Learn how to combine a hop, step and jump to perform the standing triple jump.  Land safely and with control.  Begin to measure the distance jumped. | Improve techniques for jumping for distance.  Perform an effective standing long jump.  Perform the standing triple jump with increased confidence.  Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.  Land safely and with control.  Measure the distance and height jumped with accuracy.  Investigate different jumping techniques. | | Develop the technique for the standing vertical jump.  Maintain control at each of the different stages of the triple jump.  Land safely and with control.  Develop and improve their techniques for jumping for height and distance and support others in improving their performance.  Perform and apply different types of jumps in other contexts.  Set up and lead jumping activities including measuring the jumps with confidence and accuracy. |
| **Throwing** | | | | | | | | | |
| Roll equipment in different ways.  Throw underarm.  Throw an object at a target. | Throw underarm and overarm.  Throw a ball towards a target with increasing accuracy.  Improve the distance they can throw by using more power. | | Throw different types of equipment in different ways, for accuracy and distance.  Throw with accuracy at targets of different heights.  Investigate ways to alter their throwing technique to achieve greater distance. | Throw with greater control and accuracy.  Show increasing control in their overarm throw.  Perform a push throw.  Continue to develop techniques to throw for increased distance. | | Perform a pull throw.  Measure the distance of their throws.  Continue to develop techniques to throw for increased distance. | Perform a fling throw.  Throw a variety of implements using a range of throwing techniques.  Measure and record the distance of their throws.  Continue to develop techniques to throw for increased distance. | | Perform a heave throw.  Measure and record the distance of their throws.  Continue to develop techniques to throw for increased distance and support others in improving their personal best.  Develop and refine techniques |
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PE Progression Map – Athletics