

PE End Points

KS1- Athletics



Year 1

- To demonstrate fundamental skills whilst walking.
- To show an understanding of the difference between jogging and sprinting.
- To attempt to swing arms to gain momentum for a long jump.
- To demonstrate how to aim towards a target using an underarm throw.
- To focus on a vertical jump whilst bending knees.
- To demonstrate throwing using an overarm technique.
- To show an understanding of how relay races work.

Year 2

- To apply fundamental skills whilst running.
- To improve sprinting technique and focus on the meaning of endurance.
- To refine jumping techniques, focusing on both take-off and landing.
- To demonstrate how to throw a javelin using the correct (overarm) technique.
- To gain an understanding of the use of arms and knees for maximum height, focusing on take-off and balance.
- To take part in a circuit using the skills learned (uncompetitively).
- To demonstrate how to participate in a relay race.

