



- EY** **Running**- know to how to walk/march, swinging my arms with opposite arm and leg action  
**Throwing**- know how to stand (my feet) when throwing  
**Jumping**- know that I need to bend at my knees to land safely  
**Relays** - know how to take it in turns with my team mates  
**Hurdles**- know how to jump safely over objects  
**Rules, Strategies & Tactics (RST)**- know that rules are there to keep me safe
- Year 1** **Running**- know that if I move my arms fast, It helps me run faster  
**Throwing**- know that if point my non throwing hand in the direction of the throw, this helps me with accuracy  
**Jumping**- know that I need to bend at my knees and push off (from two feet) when taking off  
**Relays** - know that in a relay race one team member runs at a time  
**Hurdles**- know how to safely land when leaping over different types of objects  
**Rules, Strategies & Tactics (RST)**- know some basic rules when racing
- Year 2** **Running**- know that when I keep my head still and use my arms- this helps me run faster  
**Throwing**- know the correct stance and if I throw an object in the rainbow shape it will help it go further  
**Jumping**- know that I need to swing my arms to take off, when jumping, to help me get further  
**Relays** - know that I need to encourage my teammates in a relay race  
**Hurdles**- know how to take off using different types of jumps  
**Rules, Strategies & Tactics (RST)**- know some basic rules when running and jumping
- Year 3** **Running**- know how to apply the FAST technique when sprinting  
**Throwing**- know that if I stand side on and rotate my hips forward, this helps me gain distance with my throw  
**Jumping**- know to combine a hop, step and jump, in order to perform a triple jump  
**Relays** - know how to have my arm stretched out to receive an object/baton (for a relay change over)  
**Hurdles**- know that my lead leg (is the first leg over the hurdle and the trail leg is the 2nd leg over)  
**Rules, Strategies & Tactics (RST)**- Understand safety rules (run and collect) and why they are important
- Year 4** **Running**- know that if I react quickly, this will help me accelerate over short distances  
**Throwing**- know the differences between throwing a shot putt (pushing) and throwing a javelin  
**Jumping**- know that if I get height on my jump, this helps give me more time in the air to jump further  
**Relays** - know that I should always look forward when receiving the baton in a relay changeover  
**Hurdles**- know how to count strides between hurdles and bring my trail leg quickly over the hurdle  
**Rules, Strategies & Tactics (RST)**- know how I should take off in a standing long jump and a triple jump
- Year 5** **Running**- know the differences between sprinting and longer distance running  
**Throwing**- know that good transfer of body weight helps increase the distance of my throw  
**Jumping**- know looking forwards helps me to maximise my distance and control when landing  
**Relays** - know that it is important to communicate in the relay changeover for it to be successful  
**Rules, Strategies & Tactics (RST)**- know where the measurements are taken for throwing and jumping. understand what a 'no jump' is.
- Year 6** **Running**- Know how to pace myself at longer distances in a race and why this is important.  
**Throwing**- know how a 3 stride approach can help improve momentum  
**Jumping**- know that it is important when landing to fall forwards (not backwards)  
**Relays** - know the importance of listening and reacting quickly during a changeover in a race  
**Rules, Strategies & Tactics (RST)**- know the key rules of running, jumping and throwing events