Primary Steps in PE



Unit: Locomotion and Athletics

Learning Outcomes

Primary Steps in PE

Movement and Agility		
AP1	F2	Move in a variety of speeds, levels and directions Experiment with different movements for different purposes (most careful, fastest, furthest, highest etc)
AP 2	Y1	Change direction whilst moving (curve, sidestep, change move) Select appropriate speed when moving. Move effectively in all directions and at all levels. Link two or more movements together without pausing
	Y2	Show agility when changing direction. Select appropriate speed in a given situation. Link 2 or more balances with agility and balance Apply changes in speed and direction to different situations
AP 3	Y3	Move with agility and speed in a variety of ways. Hop with control
	Y4	Understand how changes of speed affects agility. Move with agility at a variety of speeds. Link movements together with complete fluency
AP 4	Y5	Combine speed, agility and power. Apply changes of direction and sidestepping to a game
	Y6	Apply changes of direction and sidestepping to a game Know what agility means in a range of contexts (athletics, games)

Distance Running		
AP 1	F2	Experiment with how far you can run for.
AP 2	Y1	Know the difference between walk, jog, sprint.
	Y2	Select appropriate speed to 'keep going' over a prolonged distance
AP 3	Y3	Run fluently at different speeds
	Y4	Select appropriate speed for a race. Adapt speed to race conditions. Understand the term 'maintain a constant pace)
AP 4	Y5	Adapt pace to experiment with different race tactics (sprint finish, fast start etc)
	Y6	Show high levels of determination. Can sustain an appropriate pace for a race Apply tactics to a race

Sprinting		
AP 1	F2	Run effectively in a straight line
AP 2	Y1	Know and use basic sprinting technique
	Y2	Evaluate and improve sprinting technique Respond quickly to stimuli
AP 3	Y3	Consistently use effective sprinting technique Demonstrate good acceleration from a static position
	Y4	Demonstrate acceleration and speed over an increased distance Evaluate different starting positions
AP 4	Y5	Fluently use correct sprinting technique Run with high levels of agility, speed and competitiveness Know and use correct baton passing technique for shuttle and track relay
	Y6	Show power and correct technique when running at speed Maintain fair competitive attitude Fluently pass the baton for track and shuttle relays

Jumping		
AP 1	F2	Jump and land safely (2 feet to 2 feet)
AP 2	Y1	Demonstrate a variety of jumps
	Y2	Know and use effective technique when jumping
AP 3	Y3	Use correct technique to maximise power Perform 1 step run and jump
	Y4	Evaluate and developing preferred jumping technique (spring or rock) Perform 3 step run up and jump
AP 4	Y5	Combine explosion and control whilst jumping Know and use effective Triple Jump technique
	Y6	Isolate parts of triple jump in order to improve Perform standing and 3 step run and jump with precise technique

Primary Steps in PE

Throwing		
AP 1	F2	Experiment with throwing different things in different ways Understand the concept of throwing for distance
AP 2	Y1	Use different techniques when throwing
	Y2	Self select appropriate technique when throwing different objects
AP 3	Y3	Know and evaluate different throwing techniques
	Y4	Develop power when throwing for distance Know where power comes from when throwing
AP 4	Y5	Throw using correct technique with a short run up
	Y6	Adapt throwing technique to different competitions (kneeling, seated etc)

Fitness		
AP 1	F2	Know what happens to breathing and temperature after exercise
AP 2	Y1	Describe how you feel after exercise (physically, emotionally)
	Y2	Understand the difference between vigorous and light exercise
AP 3	Y3	Understand the difference between cardio vascular system and developing muscular endurance
	Y4	Explain how different exercises need different recovery rates
AP 4	Y5	Identify how your body feels and react accordingly to improve levels of fitness. (out of breath/ legs ache etc)
	Y6	Understand the importance of fitness and the value of 'keeping going')