

## Aspects of PE

### Athletics

Reception	Reception take part in sports day to introduce them to athletic skills
Year 1	I can show balance when changing direction. I can link movements eg run and jump. I can throw a number of different objects accurately.
Year 2	I can show balance when changing direction. I can link movements eg run and jump. I can throw a number of different objects accurately
Year 3	I can jump for distance using different take off and landing techniques I can take part in a relay and know what / when to perform I can throw a number of objects, knowing the correct techniques for each one
Year 4	I can jump for distance using different take off and landing techniques I can take part in a relay and know what / when to perform I can throw a number of objects with power to beat distance attempts
Year 5	I can apply the correct strategies for races of different length I can choose appropriate techniques for different throws I can jump in a range of ways
Year 6	I can perform a triple jump I can put together sequences of movements in different events I can apply relevant techniques / strategies to succeed