Hawkesley Church Primary Academy

'let your light shine' Matthew 5:16



Physical Education Curriculum

Curriculum impact in athletics- throwing

Progression in athletics- throwing

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	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics – Throwing	Gross Motor skills: Uses cross lateral movement to move forward and negotiate space when moving through tunnels or dens, and when on made or created vehicles. Moves with confidence in a range of ways developing core strength, balance, coordination and able to negotiate space.	Gross Motor skills: Negotiate space and obstacles safely, with consideration for others and themselves. Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Begin to throw objects towards a target with some accuracy Begin to perform a range of throws — e.g. throw underarm and overarm Begin passing and receiving a ball with a partner — catching with some accuracy Send and receive a ball with basic control Begin to develop hand-eye coordination Improve the distance and power they can throw	Throw with accuracy at targets – e.g towards a partner, targets at different heights Confidently send and receive a ball in a range of ways Further develop handeye coordination Throw, catch and bounce a ball with a partner Increase the distance of throws by using the correct technique and more power Pass and receive a ball whilst moving towards a goal	Develop the correct technique for a chest pass and bounce pass Show increasing control in an overarm and underarm throw Throw with greater control and accuracy over longer distances Implement the correct throw for a range of sports Practise the correct technique for catching a ball and use it in a game Perform a range of catching and gathering skills	Accurately perform an underarm throw Accurately perform an overarm throw Accurately perform a chest pass Accurately use a bounce pass to outwit players Implement each throwing technique into a range of sports Continue to develop techniques to throw for increased distance Use a 'sling' technique for throwing discus Develop the correct technique for catching a ball and use it in a game Perform a range of catching and gathering skills with accuracy and control	Throw different objects with control accuracy and using the correct technique Choosing the correct throw for the sport or event that Measure and record the distance of their throws Continue to develop techniques to throw for increased distance Pass and receive a ball on the move Accurately receive a ball using the correct technique Know when it is appropriate to use each throw in a game	Develop the technique for the push, pull and sling throw, with accuracy and control Support others in improving their performance Accurately measure and record the distance of their throws Throw and catch accurately and when under pressure in a game

Whole School

Nursery



Nursery aged children develop different ways of moving whilst developing their core strength, balance, coordination and negotiating space. Through completing a range of activities with different equipment in a large hall.





Nursery aged children have multiple opportunities to negotiate space and move through tunnels and dens when playing in the outdoor provision.





Nursery expectation: Uses cross lateral movement to move forward and negotiate space when moving through tunnels or dens, and when on made or created vehicles. Moves with confidence in a range of ways developing core strength, balance, coordination and able to negotiate space.



Moving energetically to different music in the hall-skipping, running, hopping and dancing.

Reception



Demonstrating coordination, whilst moving, with a partner.



Negotiating spacing and moving at different levels to show balance and coordination.



Demonstrating balance by standing on one leg with
your hands in the air.



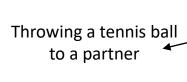
Throwing a netball to a partner



Each lesson the teacher fills in an assessment proforma rag rating each child for each stage of the lesson. They also add additional notes/feedback to support the progression in the next lesson.



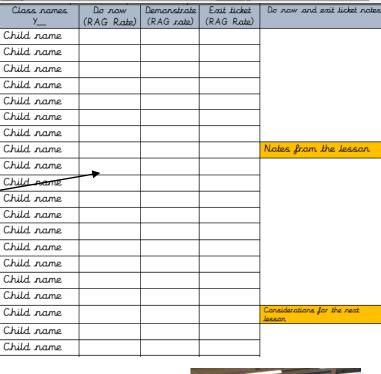
Rolling a football to a partner













Year 1 expectation: Begin to throw objects towards a target with some accuracy











Year 2 PE lesson demonstrating the steps to throw and catch a tennis ball between two partners.

Class names	Do naw	Demanstrate		Do naw and exit ticket nates
у	(RAG Rate)	(RAG rate)	(RAG Rate)	
Child name				Notes from the lesson
Child name				
Child name				
Child name				
Child name			•	
Child name				
Child name				
Child name				
Child name			/	
Child name				\
Child name				Cansiderations for the next lesson
Child name				
Child name] \
	•			

Each lesson the teacher fills in an assessment proforma rag rating each child for each stage of the lesson. They also add additional notes/feedback to support the progression in the next lesson.

Year 2 expectation: Throw with accuracy at targets – e.g towards a partner, targets at different heights

Year 3 PE lesson demonstrating the steps to throw an underarm throw towards a target.







Class names	Do now	Demanstrate		Do naw and exit ticket nates
у	(RAG Rate)	(RAG rate)	(RAG Rate)	
Child name				Notes from the lesson
Child name				
Child name				
Child name				
Child name		A		
Child name		\		
Child name				Cansiderations for the next lesson
Child name				
Child name				

Each lesson the teacher fills in an assessment proforma rag rating each child for each stage of the lesson. They also add additional notes/feedback to support the progression in the next lesson.

Year 3 expectation: Show increasing control in an overarm and underarm throw

Class names Y_	Do naw (RAG Rate)	Demanstrate (RAG rate)	Exit ticket (RAG Rate)	Do now and exit ticket nates
Child name				
Child name				Notes from the lesson
Child name				
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Child name		A		
Child name				Cansiderations for the next lesson
Child name				
Child name				

next lesson.

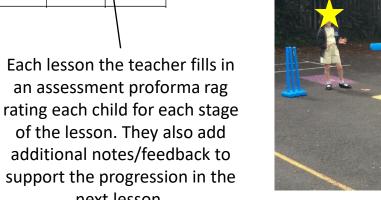
Year 4

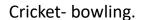


Chest pass.



Throwing a javelin.







Throw in.



Year 4 expectation: Implement each throwing technique into a range of sports



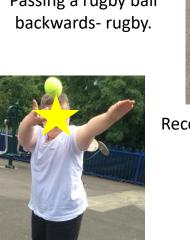
Throw infootball.



Overarm throwfielding rounders.



Passing a rugby ball



Recording the distance, a ball has been thrown



Exit ticket (RAG Rate) (RAG rate) (RAG Rate) Child name Child. name Child name Child name Child. name. Child name Child, name Child name Nates fram the lessan Child name Cansideratians far the next Child name Child name

Each lesson the teacher fills in an assessment proforma rag rating each child for each stage of the lesson. They also add additional notes/feedback to support the progression in the next lesson.



Shooting-Basketball.



Underarm throwrounders.



Year 5 expectation: Choosing the correct throw for the sport or event that Measure and record the distance of their throws

Class names	Do naw	Demanstrate		Do naw and exit ticket nates
у	(RAG Rate)	(RAG rate)	(RAG Rate)	
Child name				Notes from the Jesson
Child name				
Child name				
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Child name		A		
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Child name			\	Cansiderations for the next lesson
Child name				
Child name				
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Each lesson the teacher fills in an assessment proforma rag rating each child for each stage of the lesson. They also add additional notes/feedback to support the progression in the next lesson.

Year 6







Developing the technique for the push, pull and sling throw with accuracy and control in a small rounders game.







Year 6 expectation: Develop the technique for the push, pull and sling throw, with accuracy and control