

# Hawkesley Church Primary Academy

'let your light shine'  
Matthew 5:16



# Physical Education Curriculum

Curriculum impact in athletics- throwing

# Progression in athletics- throwing

## Athletics – Throwing

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

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.**

# Reception



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



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



Demonstrating coordination, whilst moving, with a partner.



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



**Reception expectation: 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.**





# Year 3

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



Class names Y__	Do now (RAG Rate)	Demonstrate (RAG rate)	Exit ticket (RAG Rate)	Do now and exit ticket notes
Child name				
Child name				
Child name				
Child name				
Child name				
Child name				
Child name				
Child name				
Child name				
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				Considerations 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.







