

 PE- Athletics Cooperate Compete Commit 			
Year Group	End Point Substantive Knowledge	Year Group	End Point Substantive Knowledge
1	• To demonstrate fundamental skills whilst walking • To show an understanding of the difference between jogging and sprinting • To attempt to swing arms to gain momentum for a long jump • To demonstrate how to aim towards a target using an underarm throw • To focus on a vertical jump whilst bending knees • To demonstrate throwing using an overarm technique • To show an understanding of how relay races work	2	• To apply fundamental skills whilst running • To improve sprinting technique and focus on the meaning of endurance • To refine jumping techniques, focusing on both take-off and landing • To demonstrate how to throw a javelin using the correct (overarm) technique • To gain an understanding of the use of arms and knees for maximum height, focusing on take-off and balance • To take part in a circuit using the skills learned (uncompetitively) • To demonstrate how to participate in a relay race