



AOLE	Subject	Year	Assessment
Health and Wellbeing	PE	8	Athletics

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	<p>I can reflect and learn from the past in order to anticipate and prepare myself and others for future experiences.</p> <p>I can consider relevant factors and implications when making decisions individually and collectively.</p> <p>I can exercise my own rights and respect those of others, and I can recognise that rights can be infringed.</p>	<p>Evaluate advanced tactics and strategies in athletics events, such as pacing in middle-distance races and techniques for maximising efficiency in jumps and throws.</p> <p>Analyse personal performance using video or data analysis, identifying areas for improvement.</p> <p>Assess and refine decisions on technique, training methods, and strategies in relation to long-term goals.</p>
Advancing	<p>I can transfer a range of movement skills from familiar to unfamiliar and changing situations and environments, using space creatively in response to a variety of stimuli.</p> <p>I can engage in regular physical activity and sport with confidence, motivation and commitment.</p> <p>I can recognise that some decisions I make will have a long-term impact on my life and the lives of others.</p> <p>I have an understanding of the rules, norms and behaviours of different groups and situations, and I recognise that these have an influence on me.</p>	<p>Apply advanced running techniques, such as sprint starts and pacing, in competitive situations.</p> <p>Recognise the role of timing and coordination in relay races, particularly with baton exchanges.</p> <p>Perform techniques for maximising distance or height in jumping and throwing events, refining them through practice.</p>
Securing	<p>I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli.</p> <p>I can motivate myself to engage confidently in regular physical activity and sport, and am aware of my own progress.</p>	<p>Demonstrate proficiency in running, jumping, and throwing techniques in isolation and competition.</p> <p>Explain how to adjust your technique based on the conditions (e.g., weather, track surface, competition).</p>



	<p>I can understand that decisions can be made individually and collectively, and that they can be influenced by a range of factors.</p> <p>I can make considered decisions, taking into account available information, including past experiences.</p> <p>I can respect the rights of others and I understand how these impact on myself and others.</p>	<p>Describe the strategies for maintaining stamina in middle-distance races or power in throwing events.</p>
Beginning	<p>I can use and improve basic movement skills in familiar and unfamiliar situations. I can respond to prompts in imaginative and creative ways. I have the confidence and motivation to persevere when faced with physical challenges.</p> <p>I can describe the way in which physical and emotional changes are connected in different contexts.</p> <p>I can make considered decisions, taking into account available information, including past experiences.</p> <p>I can respect the rights of others and I understand how these impact on myself and others.</p> <p>I have an understanding of the rules, norms and behaviours of different groups and situations, and I recognise that these have an influence on me.</p>	<p>Identify the differences between short-distance sprints and middle-distance races, and the techniques required for each.</p> <p>Describe basic principles for increasing power and efficiency in throwing and jumping events.</p> <p>Recall and apply fundamental techniques for pacing, sprinting, and field events learned previously.</p>