

## Skills Progression –Athletics



Running						
Reception	Y1	Y2	Y3	YR 4	YR 5	YR 6
<ul style="list-style-type: none"> <li>Run in different ways for a variety of purposes</li> </ul>	<ul style="list-style-type: none"> <li>Vary their pace and speed when running</li> <li>Run with a basic technique over different distances</li> <li>Show good posture and balance</li> <li>Jog in a straight line</li> <li>Change direction when jogging</li> <li>Sprint in a straight line</li> <li>Change direction when sprinting</li> <li>Maintain control as they change direction when jogging or sprinting</li> </ul>	<ul style="list-style-type: none"> <li>Run at different paces, describing the different paces</li> <li>Use a variety of different stride lengths</li> <li>Travel at different speeds</li> <li>Begin to select the most suitable pace and speed for distance</li> <li>Complete an obstacle course</li> <li>Vary the speed and direction in which they are travelling</li> <li>Be able to maintain and control a run over different distances</li> </ul>	<ul style="list-style-type: none"> <li>Identify and demonstrate how different techniques can affect their performance</li> <li>Focus on their arm and leg action to improve their sprinting technique</li> <li>Begin to combine running with jumping over hurdles</li> <li>Focus on trail leg and lead leg action when running over hurdles</li> <li>Understand the importance of adjusting running pace to suit the distance being run</li> </ul>	<ul style="list-style-type: none"> <li>Confidently demonstrate an improved technique for sprinting</li> <li>Carry out an effective sprint finish</li> <li>Perform a relay, focusing on the baton changeover technique</li> <li>Speed up and slow down smoothly</li> </ul>	<ul style="list-style-type: none"> <li>Accelerate from a variety of starting positions and select their preferred position</li> <li>Identify their reaction times when performing a sprint start</li> <li>Continue to practise and refine their technique for sprinting, focusing on effective sprint start</li> <li>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run</li> <li>Identify and demonstrate stamina, explaining its important for runners</li> </ul>	<ul style="list-style-type: none"> <li>Build up speed quickly for a sprint finish</li> <li>Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern</li> <li>Accelerate to pass other competitors</li> <li>Work as a team to competitively perform a relay</li> <li>Confidently and independently select the most appropriate pace for different distances and different parts of the run</li> <li>Demonstrate endurance and stamina over long distances in order to maintain a sustained run</li> </ul>



## Skills Progression –Athletics

Jumping						
Reception	Y1	Y2	Y3	YR 4	YR 5	YR 6
<ul style="list-style-type: none"> <li>• Jump in a range of ways, landing safely</li> </ul>	<ul style="list-style-type: none"> <li>• Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot</li> <li>• Perform a short jumping sequence</li> <li>• Jump as high as possible</li> <li>• Jump as far as possible Land safely and with control</li> <li>• Work with a partner to develop the control of their jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot</li> <li>• Combine different jumps together with some fluency and control</li> <li>• Jump for distance from a standing position with accuracy and control</li> <li>• Investigate and choose the best jumps to cover different distances</li> <li>• Know that the leg muscles are used when performing a jumping action</li> </ul>	<ul style="list-style-type: none"> <li>• Use one and two feet to take off and land with</li> <li>• Develop an effective take-off for the standing long jump</li> <li>• Develop an effective flight phase for the standing long jump</li> <li>• Land safely and with control</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to combine a hop, step and jump to perform the standing triple jump</li> <li>• Land safely and with control</li> <li>• Begin to measure the distance jumped</li> </ul>	<ul style="list-style-type: none"> <li>• Improve techniques for jumping for distance</li> <li>• Perform an effective standing long jump</li> <li>• Perform the standing triple jump with increased confidence</li> <li>• Develop an effective technique for standing vertical jump (jumping for height) including take-off and flight</li> <li>• Investigate different jumping techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the technique for the standing vertical jump</li> <li>• Land safely and with control</li> <li>• Develop and improve their techniques for jumping for height and distance and support others in improving their performance</li> <li>• Perform and apply different types of jumps in other contexts</li> <li>• Set up and lead jumping activities including measuring the jumps with confidence and accuracy</li> </ul>



## Skills Progression –Athletics

Throwing						
Reception	Y1	Y2	Y3	YR 4	YR 5	YR 6
<ul style="list-style-type: none"> <li>Roll equipment</li> <li>Throw underarm</li> <li>Throw an object at a target</li> </ul>	<ul style="list-style-type: none"> <li>Throw underarm and overarm</li> <li>Throw a ball towards a target with increasing accuracy</li> <li>Improve the distance they can throw by using more power</li> </ul>	<ul style="list-style-type: none"> <li>Throw different types of equipment in different ways, for accuracy and distance</li> <li>Throw with accuracy at targets of different heights</li> <li>Investigate ways to alter their throwing technique to achieve greater distance</li> </ul>	<ul style="list-style-type: none"> <li>Throw with greater control and accuracy</li> <li>Show increasing control in their overarm throw</li> <li>Perform a push throw</li> <li>Continue to develop techniques to throw for increased distance</li> </ul>	<ul style="list-style-type: none"> <li>Perform a pull throw</li> <li>Measure the distance of their throws</li> <li>Continue to develop techniques to throw for increased distance</li> </ul>	<ul style="list-style-type: none"> <li>Perform a fling throw</li> <li>Throw a variety of implements using a range of throwing techniques</li> <li>Measure and record the distance of their throws</li> <li>Continue to develop techniques to throw for increased distance</li> </ul>	<ul style="list-style-type: none"> <li>Perform a heave throw</li> <li>Measure and record the distance of their throws</li> <li>Continue to develop techniques to throw for increased distance and support others in improving their personal best</li> <li>Develop for refine techniques to throw for accuracy</li> </ul>
Competing and Performing						
Reception	Y1	Y2	Y3	YR 4	YR 5	YR 6
<ul style="list-style-type: none"> <li>Control their body when performing a sequence of movements</li> <li>Participate in simple games</li> </ul>	<ul style="list-style-type: none"> <li>Begin to perform learnt skills with some control</li> <li>Engage in competitive activities and team games</li> </ul>	<ul style="list-style-type: none"> <li>Perform learnt skills with increasing control</li> <li>Compete against self and others</li> </ul>	<ul style="list-style-type: none"> <li>Perform learnt skills and techniques with control and confidence</li> <li>Compete against self and others in a controlled manner</li> </ul>	<ul style="list-style-type: none"> <li>Perform and apply skills and techniques with control and accuracy</li> <li>Take part in a range of competitive games and activities</li> </ul>	<ul style="list-style-type: none"> <li>Consistently perform and apply skills and techniques with accuracy and control</li> <li>Take part in competitive games with a strong understanding of tactics and composition</li> </ul>	<ul style="list-style-type: none"> <li>Perform and apply a variety of skills and techniques confidently, consistently and with precision</li> <li>Take part in competitive games with a strong understanding of tactics and composition</li> </ul>