



P

ROGRESSION OF KEY SKILLS

Athletics

EY

Early Years
Marching/running for co-ordination
Experiment with different ways of throwing under/overarm
Experiment with different ways of jumping- measuring with various objects
Working with friends in a team - taking turns
Leaping over cones, spots and throw down strips from standing

1

Year 1
Running/ pumping arms at various speeds
Throw a variety of objects with some accuracy
Jumping, bending knees and pushing off - being competitive to improve distance as a pair
Co-operate and compete in a team in various running games.
Leaping over throw down strips and low hurdles when moving

2

Year 2
Using arms and keeping head still when exploring running patterns
Throw in correct stance 'Usain Bolt position'
Use arms to improve jumping technique - beating their own score
Compete in a team in various running/obstacle games and working together to improve team performance
Leaping over hurdles beginning to compete against self and others

3

Year 3
Begin to perform 'FAST' technique
Throw a javelin/vortex using correct stance, rotating hips forward
Perform a hop, step and jump (standing triple jump) in isolation and in combination
Develop running for distance in warm ups
Develop relay change over techniques
Run and take off over obstacles at some speed

4

Year 4
Perform 'FAST' technique confidently when sprinting
Throw a javelin/vortex with height and distance
Perform a hop, step and jump (standing triple jump)
Develop running for distance in warm ups, increasing with each lesson
Pass a relay baton with control with a partner in adapted games
Run and jump over hurdles with some speed and control

5

Year 5
React quickly and accelerate over short distances
Throw a javelin/vortex/ tennis ball using correct stance, rotating hips forward with good height and distance
Perform a variety of jumps (Long jump and triple jump) and measure for distance
Develop pace when running longer distance
Pass a relay baton with control and timing in a pairs change over
Run and jump over hurdles with fluency

6

Year 6
Accelerate quickly with speed and control in movement - timed/competitive races
Throw a javelin/vortex /shot put safely, with accuracy and power
Perform a jump for distance, varying techniques to improve performance
Develop long distance running- learning how to pace and show good technique
Pass a relay baton in competitive situations (timed)
Run and jump over hurdles with fluency and speed, improving time to achieve a personal best

