

### Athletics skills progression

Year group	Element	Skills and progression
Year 1	Throw (2 weeks) Under arm throwing	By the end of Year 1, children will be able to; <ul style="list-style-type: none"> <li>• Use the basic underarm technique to throw the ball.</li> <li>• Work with a partner to develop the accuracy of their throws.</li> <li>• Understand that more power creates more distance on a throw.</li> <li>• Give reasons for becoming out of breath during exercise.</li> <li>• Improve the control and accuracy of their underarm throwing action.</li> <li>• Know how power affects the distance of a throw.</li> </ul>
	Jump (2 weeks) Variety of jumping & effects	By the end of Year 1, children will be able to; <ul style="list-style-type: none"> <li>• Know how to land safely and with control.</li> <li>• Perform a variety of jumps with control.</li> <li>• Talk about others technique and what they are doing.</li> <li>• Work with a partner to develop the fluency and control of their jumps.</li> <li>• Show control on landing when performing different types of jumps.</li> <li>• Describe which jumps produce the greatest distance.</li> <li>• Know that the leg muscles produce a jumping action.</li> </ul>
	Run (2 weeks) Basic running technique	By the end of Year 1, children will be able to; <ul style="list-style-type: none"> <li>• Know and be able to describe the basic running technique.</li> <li>• Use their knowledge to help improve others technique.</li> <li>• Recognise the changes that happen to their body and will describe how they feel when running.</li> <li>• Describe what the word pace and speed means.</li> <li>• Run with basic technique over various distances.</li> <li>• Jog or sprint with control when running in a straight line or when changing direction.</li> <li>• Slow down as they approach a 'turning point' to change direction and maintain control.</li> </ul>
Year 2	Throw (2 weeks)	By the end of Year 2, children will be able to; <ul style="list-style-type: none"> <li>• Use two hands to send a ball to a target in a cooperative and competitive situation.</li> </ul>

	Two handed height and distance throws	<ul style="list-style-type: none"> <li>• Throw accurately at high, low, near and far targets when practising.</li> <li>• Know how to change a small part of their throw to achieve a greater distance.</li> <li>• Improve control, accuracy and fluency of their throwing actions.</li> <li>• Describe how fast their heart is beating and how fast they are breathing when still.</li> </ul>
	Jump (2 weeks) Different take offs / landings	<p>By the end of Year 2, children will be able to;</p> <ul style="list-style-type: none"> <li>• Perform jumps using different take offs and landings with control and balance.</li> <li>• Work with a partner to use their skills and set challenges to jump further.</li> <li>• Talk about which shapes gave them the best distance and why.</li> <li>• Use others ideas try and increase distance being jumped. .</li> <li>• Select and apply knowledge to choose which type of jump to cover the most distance.</li> <li>• Estimate and measure distance jumped</li> </ul>
	Run (2 weeks) Change of speed / direction	<p>By the end of Year 2, children will be able to;</p> <ul style="list-style-type: none"> <li>• Run with improved technique and running action.</li> <li>• Describe the word pace and give examples of different paces.</li> <li>• Show that they are able to travel using different speeds.</li> <li>• Use their knowledge to select the correct pace to run at.</li> <li>• Use their knowledge to discuss what speeds they would use for different distances.</li> <li>• Show changes in the speed and direction they can travel.</li> <li>• Be able to maintain a run over a variety of time lengths.</li> </ul>
Year 3	Throw (2 weeks) Over arm and push throw	<p>By the end of Year 3, children will be able to;</p> <ul style="list-style-type: none"> <li>• Develop control and fluency when throwing a one handed over arm throw.</li> <li>• Perform with increasing accuracy and confidence.</li> <li>• Describe how to improve their own and other's performances, linking specific actions to athletic events where appropriate.</li> <li>• To know why they need strength for throwing and identify other sports which require strength.</li> <li>• Develop technique for a push throw and increase the distance being thrown.</li> <li>• Know the correct technique and describe how it should be performed to aid others performances.</li> <li>• Identify the areas of the body being used and provide appropriate examples of how to warm up these areas.</li> </ul>

	<p>Jump (2 weeks) Jumping for height and distance</p>	<p>By the end of Year 3, children will be able to;</p> <ul style="list-style-type: none"> <li>• Improve their jumping technique and know how this will make them jump further.</li> <li>• Know how to land safely when jumping.</li> <li>• Describe the difference between a one footed take off and a two footed take off.</li> <li>• Explain why heart and breathing rate increase during exercise.</li> <li>• Know and describe the correct technique for jumping upwards.</li> <li>• Be able to use the correct arm and leg action to improve the height of their jump.</li> <li>• Explain why their body temperature increases during exercise.</li> </ul>
	<p>Run (2 weeks) Running for speed and distance (relays)</p>	<p>By the end of Year 3, children will be able to;</p> <ul style="list-style-type: none"> <li>• Demonstrate the correct technique for sprinting and describe how it is different to a jog.</li> <li>• Identify how changes in technique can impact on performance.</li> <li>• Describe the effects that running at different paces will have on their heart rate.</li> <li>• Be able to run for sustained periods of time at a pace suitable for their fitness levels.</li> <li>• Evaluate their overall performance and identify different events / sports that they could use this type of running for.</li> <li>• Describe the term stamina and identify why it is important for long / middle distance runners.</li> </ul>
Year 4	<p>Throw (2 weeks) Over arm and push throw</p>	<p>By the end of Year 4, children will be able to;</p> <ul style="list-style-type: none"> <li>• Know, explain and perform correct technique for a push throw.</li> <li>• Measure and record performances.</li> <li>• Evaluate their own and others work, suggesting ways that it can be improved further.</li> <li>• Plan and deliver a simple warm up covering pulse raiser, stretching and mobilising activities.</li> <li>• Demonstrate a range of skills, techniques and apply them with control and success in competitive situations.</li> <li>• Know how to score different events accurately.</li> <li>• Know how they have improved throughout the unit and identify an area for further development.</li> </ul>
	<p>Jump (2 weeks) Jumping for height and distance</p>	<p>By the end of Year 4, children will be able to;</p> <ul style="list-style-type: none"> <li>• Know how to land safely when jumping and be able to apply it to their jumps.</li> <li>• Describe the effects that using the upper body has on the distance that they can jump.</li> <li>• Know that a long jump uses a one footed take off and a two footed landing.</li> </ul>

		<ul style="list-style-type: none"> <li>• Watch other performances and suggest ways to improve technique.</li> <li>• Jump with better technique and range of motion.</li> <li>• Select the right arm and leg action for the jump. Know how flexibility can help in jumping.</li> <li>• Understand ways that flexibility can be improved.</li> </ul>
	Run (2 weeks) Running for speed and distance (relays)	<p>By the end of Year 4, children will be able to;</p> <ul style="list-style-type: none"> <li>• Demonstrate improved technique for sprinting</li> <li>• Know and explain how a sprint start can be used.</li> <li>• Find and use a starting position which they feel works for them.</li> <li>• Suggest ways of improving performance through looking at and adjusting the technique used.</li> <li>• Know what to include in their section of the warm up and be able to deliver it to small groups.</li> <li>• Develop control and fluency for the change over.</li> <li>• Understand the benefits of facing the way you are running for a change over.</li> <li>• Suggest ways of improving their own and others technique through evaluating the techniques used.</li> <li>• Gain a better understanding of how to warm up by delivering a new section.</li> </ul>
Year 5	Throw (2 weeks) Shot putt	<p>By the end of Year 5, children will be able to;</p> <ul style="list-style-type: none"> <li>• Know and explain the correct technique for the shot putt.</li> <li>• Evaluate their own and others performances and suggest ways technique can be developed further.</li> <li>• Perform the shot putt action with increasing fluency, control and consistency.</li> <li>• Plan and deliver a section of the warm up.</li> </ul>
	Jump (2 weeks) Long jump	<p>By the end of Year 5, children will be able to;</p> <ul style="list-style-type: none"> <li>• Perform a basic long jump technique, describing the different phases of the jump.</li> <li>• Know how to measure a run -up.</li> <li>• Identify when and why others techniques falter and suggest ways they can improve it.</li> <li>• Know why a warm up prepares the body and mind for physical activity.</li> </ul>
	Run (2 weeks) Sprint and long distance	<p>By the end of Year 5, children will be able to;</p> <ul style="list-style-type: none"> <li>• Describe the technique used to perform a three point start and apply it with consistency and control.</li> </ul>

		<ul style="list-style-type: none"> <li>• Use the 3 phrases of the sprint start to correct and refine the technique of others, giving specific and constructive feedback. Know why reaction time is important.</li> <li>• Plan and deliver a warm up with the focus on agility.</li> <li>• Increase their understanding of what a running pace is and be able to select their appropriate pace to cover a set distance.</li> <li>• Suggest ways they and others can improve technique.</li> <li>• Know why speed and stamina are important in sport.</li> </ul>
Year 6	Throw (2 weeks) Javelin	<p>By the end of Year 6, children will be able to;</p> <ul style="list-style-type: none"> <li>• Know and describe the correct technique for the javelin.</li> <li>• Will throw with varying degrees of success.</li> <li>• Become more confident and secure in delivering different sections of the warm up.</li> <li>• Measure and record accurately distances thrown.</li> <li>• Evaluate their own and others performances / technique and suggest how it can be improved.</li> <li>• Know and define the terms speed and strength and explain why they are important in sport.</li> </ul>
	Jump (2 weeks) Triple Jump	<p>By the end of Year 6, children will be able to;</p> <ul style="list-style-type: none"> <li>• Know, understand and use the correct technique for the triple jump.</li> <li>• Improve the distance they are able to jump through well timed and paced movements.</li> <li>• Listen and accept advice given to them from other children.</li> <li>• Make and suggest changes to improve their performance.</li> <li>• Plan and deliver an effective warm up.</li> </ul>
	Run (2 weeks) Sprint and relay	<p>By the end of Year 6, children will be able to;</p> <ul style="list-style-type: none"> <li>• Explain and use the 3 phases of running to build up speed quickly into a sprint.</li> <li>• Describe the relay change over technique.</li> <li>• Work together effectively to complete a full relay in a competitive situation.</li> <li>• Know when technique is being performed correctly and make amendments when it isn't.</li> <li>• Describe and explain the changes that take place to the body during exercise.</li> <li>• Plan and deliver a new section of the warm up.</li> </ul>