



# Athletics

## knowledge and skills progression

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Vocabulary		Throw, High, Low, Skip, Aim, Fast,Slow, Safely, Step, Bounce, Jump, Leap, Hop, Repeat, Run, Target, Overarm, Underarm, Walking, Jogging, Accelerate, Baton, Relay, Push, Take off, Landing, Evaluate, Improve		Pull, Distance, Sprint, Steady pace, Accuracy, Height, Record, Joints, Rhythm, Leading leg, Measure, Underarm, Overarm, Heart beat, Pulse rate, Jogging, Walk, Hurdles, Landing, Control, Preferred Landing foot, Time, Stamina, Obstacles, Stance, Diagonal, Approach, Speed, Relay		Sprint, Team, Distance, Measure, Height, Target, Pacing, Rhythm, Obstacles, Leading leg, Hurdles, Throwing, Speed, Accuracy, Take off, Stamina, Time, Projectory, Release, Performance, Accuracy, Take off, Distance, Target, Time, Position, Measure, Control, Height, Run up, Hurdles	
Knowledge		• Athletic activities are combined with games in Years 1 and 2.	• Athletic activities are combined with games in Years 1 and 2.	Children know: <ul style="list-style-type: none"><li>• how to run at fast, medium and slow speeds; changing speed and direction</li><li>• how to take part in a relay, remembering/knowing when to run and what to do</li><li>• how to increase the distance that a thrown object travels through effective technique</li></ul>	Children know: <ul style="list-style-type: none"><li>• how to sprint over a short distance and understands that a sprint style can't be sustained over a long distance</li><li>• how to jump in different ways</li><li>• how to throw in different ways and hit a target (at appropriate distance), when needed</li></ul>	Children know: <ul style="list-style-type: none"><li>• how to show control when taking off and landing</li><li>• how to throw with increasing accuracy</li><li>• Knows how to combine running and jumping in the context of a triple jump.</li></ul>	Children know: <ul style="list-style-type: none"><li>• how to demonstrate stamina and increase strength</li></ul>
Skills	Running			Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run.	Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.	Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina, explaining its importance for runners.	Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run
	Jumping			Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control.	Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped.	Improve techniques for jumping for distance. Perform an effective standing long jump. Perform the standing triple jump with increased confidence. Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. Land safely and with control. Measure the distance and height jumped with accuracy. Investigate different jumping.	Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Land safely and with control. Develop and improve their techniques for jumping for height and distance and support others in improving their performance. Perform and apply different types of jumps in other contexts. Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
	Throwing			Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance.	Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.	Perform a fling throw. Throw a variety of implements using a range of throwing techniques. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance.	Perform a heave throw. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance and support others in improving their personal best. Develop and refine techniques to throw for accuracy.
	Compete			Compete against self and others in a controlled manner.	Take part in a range of competitive games and activities.	Take part in competitive games with a strong understanding of tactics and composition.	Take part in competitive games with a strong understanding of tactics and composition.