

Athletics – Whole School Progression of Skills



EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<ul style="list-style-type: none"> - Running for coordination - Experiment with under/over arm throw - Experiment different ways of jumping - Taking turns 	<ul style="list-style-type: none"> - Running/pumping arms at various speeds - Throwing various objects with accuracy - Jumping with bent knees and pushing off - Co-operate and compete in a team 	<ul style="list-style-type: none"> - Focusing on running pattern (including arms and head) - Using the correct stance to throw - Using arms to improve jumping technique - Compete in a team 	<ul style="list-style-type: none"> - Perform using the 'FAST' technique - Throw a javelin using correct stance - Perform a hop, step and jump (a triple jump) in isolation/combination - Develop running for distance - Develop relay change technique - Run/take off over obstacles at speed 	<ul style="list-style-type: none"> - Perform 'FAST' technique confidently when sprinting - Throw a javelin with height/distance - Confidently perform a standing triple jump - Develop running for distance - Pass a relay baton with control with a partner - Run/jump over hurdles with speed and control 	<ul style="list-style-type: none"> - React quickly/accelerate over short distances - Throw a javelin using correct stance, rotating hips, with height and distance - Perform a variety of jumps and measure for distance - Develop pace for long distance running - Pass a relay baton with timing and control 	<ul style="list-style-type: none"> - Accelerate with speed at control using competitive races - Throw a javelin/ shot put with accuracy and power - Perform a jump for distance, varying technique to improve performance - Develop long distance running including pace and use of good technique - Pass a relay baton in competitive situations.