



# Skills progression: Athletics

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>Can run at different speeds.</p> <p>Can jump from a standing position and land on feet.</p> <p>Performs an underarm and overarm throw with basic control.</p> <p>Can sometimes catch a simple throw.</p>	<p>Can change speed and direction whilst running.</p> <p>Can jump and land on feet from a standing position with accuracy.</p> <p>Can perform a variety of pull and push throws sometimes with control and coordination.</p> <p>Can use basic equipment safely.</p>	<p>Beginning to run at speeds appropriate for the distance (sprinting and endurance).</p> <p>Can perform a running jump with some accuracy and a standing jump with more than one component.</p> <p>Can perform a variety of pull and push throws using a selection of equipment with some control and coordination.</p> <p>Can use basic equipment safely and often with good control.</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can confidently perform a standing jump with more than one component. e.g. hop skip jump (triple jump).</p> <p>Demonstrates accuracy in throwing and catching activities and is beginning to select the appropriate throw for the object.</p> <p>Can describe good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>	<p>Beginning to build a variety of running techniques and apply them correctly (sprints and endurance).</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump).</p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Can set own targets and is beginning to adapt them.</p> <p>Often demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use complicated equipment safely and with good control.</p>	<p>Beginning to apply tactics to running in both individual and team events (relay).</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump).</p> <p>Can record peers performances confidently, and evaluate these.</p> <p>Regularly able to select the correct technique when throwing different objects. Can often throw with accuracy and confidence.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use complicated equipment safely and with good control.</p>