

Skills progression: Athletics



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