

# St Margaret's CE Primary School

## Progression of skills in Athletics

	Running	Jumping	Throwing	Compete/ Perform/Evaluate
<b>Year One</b>	<ul style="list-style-type: none"> <li>• Vary the pace and speed when running.</li> <li>• Run with a basic technique over different distances.</li> <li>• Show good posture and balance.</li> <li>• Jog in a straight line.</li> <li>• Change direction when jogging.</li> <li>• Sprint in a straight line.</li> <li>• Change direction when sprinting.</li> <li>• Maintain control as they change direction when jogging or sprinting</li> </ul>	<ul style="list-style-type: none"> <li>• Perform different types of jumps: for example, 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to the same foot or 1 foot to the opposite foot.</li> <li>• Perform a short jumping sequence.</li> <li>• Jump as high as possible.</li> <li>• Jump as far as possible.</li> <li>• Land safely and with control.</li> <li>• Work with a partner to develop the control of the jumps.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw underarm and overarm.</li> <li>• Throw a ball towards a target with increasing accuracy..</li> <li>• Improve the distance they can throw by using more power.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to perform learnt skills with some control.</li> <li>• Engaging competitive activities and team games.</li> <li>• Watch and describe performances.</li> <li>• Begin to say how they could improve.</li> </ul>
<b>Year Two</b>	<ul style="list-style-type: none"> <li>• Run at different paces, describing the different paces.</li> <li>• Use a variety of different stride lengths.</li> <li>• Travel at different speeds.</li> <li>• Begin to select the most suitable pace and speed for distance.</li> <li>• Complete an obstacle course.</li> <li>• Vary the speed and direction in which they are travelling.</li> <li>• Run with basic techniques following a curved line.</li> <li>• Be able to maintain and control a run over different distances.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform and compare different types of jumps: for example, 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to the same foot or 1 foot to the opposite foot.</li> <li>• Combine different jumps together with some fluency and control.</li> <li>• Jump for distance from a standing position with accuracy and control.</li> <li>• Investigate the best jumps to cover different distances.</li> <li>• Choose the most appropriate jumps to cover different distances.</li> <li>• Know that the leg muscles are used when performing a jump in action.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw different types of equipment in different ways, for accuracy and distance.</li> <li>• Throw with accuracy at targets of different lengths.</li> <li>• Investigate ways to alter the throwing technique to achieve greater distance.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform learnt skills with increasing control.</li> <li>• Compete against self and others.</li> <li>• Watch and describe performances, and use what they see to improve their own performance.</li> <li>• Talk about the differences between their work and that of others.</li> </ul>

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<b>Year Three</b>	<ul style="list-style-type: none"> <li>Identify and demonstrate how different techniques can affect their performance.</li> <li>Focus on their arm and leg action to improve their sprinting technique.</li> <li>Begin to combine running with jumping over hurdles.</li> <li>Focus on trail leg and lead leg action when running over hurdles.</li> <li>Understand the importance of adjusting running pace to suit the distance being run.</li> </ul>	<ul style="list-style-type: none"> <li>Use one and two feet to take off and land with.</li> <li>Develop an effective take off for the standing long jump.</li> <li>Develop an effective flight phase for the standing long jump.</li> <li>Land safely and with control.</li> </ul>	<ul style="list-style-type: none"> <li>Throw with greater control and accuracy.</li> <li>Show increasing control in their overall throw.</li> <li>Perform a push throw.</li> <li>Continue to develop techniques to throw for increased distance.</li> </ul>	<ul style="list-style-type: none"> <li>Perform learnt skills and techniques with control and confidence.</li> <li>Compete against self and others in a controlled manner.</li> <li>Watch, describe and evaluate the effectiveness of a performance.</li> <li>Describe how their performance has improved over time.</li> </ul>
<b>Year Four</b>	<ul style="list-style-type: none"> <li>Confidently demonstrate an improved technique for sprinting.</li> <li>Carry out an effective sprint finish.</li> <li>Perform a relay, focusing on the baton changeover technique.</li> <li>Speed up and slow down smoothly.</li> </ul>	<ul style="list-style-type: none"> <li>Learn how to combine a hop, skip and jump to perform the standing triple jump.</li> <li>Land safely and with control.</li> <li>Begin to measure the distance jumped.</li> </ul>	<ul style="list-style-type: none"> <li>Perform a pull throw.</li> <li>Measure the distance of the throw.</li> <li>Continue to develop techniques to throw for increased distance.</li> </ul>	<ul style="list-style-type: none"> <li>Perform and apply skills and techniques with control and accuracy.</li> <li>Take part in a range of competitive games and activities.</li> <li>Watch, describe and evaluate the effectiveness of performances, giving areas for improvements.</li> <li>Modify their use of skills or techniques to achieve a better result.</li> </ul>

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<b>Year Five</b>	<ul style="list-style-type: none"> <li>• Accelerate from a variety of starting positions and select their preferred position.</li> <li>• Identify the reaction times when performing a sprint start.</li> <li>• Continue to practice and refine their technique for sprinting, focusing on an effective sprint start.</li> <li>• Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li> <li>• Identify and demonstrate stamina, explaining its importance for runners.</li> </ul>	<ul style="list-style-type: none"> <li>• Improve techniques for jumping for distance.</li> <li>• Perform an effective standing long jump.</li> <li>• Perform the standing triple jump with increased confidence.</li> <li>• Develop an effective technique for the standing vertical jump (jumping for height) including take off and flight.</li> <li>• Land safely and with control.</li> <li>• Measure the distance and height jumped with accuracy.</li> <li>• Investigate different jumping techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a fling throw.</li> <li>• Throw a variety of implements using a range of throwing techniques.</li> <li>• Measure and record the distance of the throws.</li> <li>• Continue to develop techniques to throw for increased distance.</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently perform and apply skills and techniques with accuracy and control.</li> <li>• Take part in competitive games with a strong understanding of tactics and composition.</li> <li>• Choose and use criteria to evaluate your own and others' performance.</li> <li>• Explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> </ul>
<b>Year Six</b>	<ul style="list-style-type: none"> <li>• Recap, practice and refine an effective sprinting technique, including reaction time.</li> <li>• Build up speed quickly for sprint finish.</li> <li>• Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</li> <li>• Accelerate to pass other competitors.</li> <li>• Work as a team to competitively perform a relay..</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the technique for standing vertical jump.</li> <li>• Maintain control at each of the different stages of the triple jump.</li> <li>• Land safely and with control.</li> <li>• Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a heave throw.</li> <li>• Measure and record the distance of the throws.</li> <li>• Continue to develop techniques to throw for increased distance and support others in improving their personal best.</li> <li>• Develop and refine techniques to throw for accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform and apply a variety of skills and techniques confidently, consistently and with precision.</li> <li>• Take part in competitive games with a strong understanding of tactics and composition.</li> <li>• Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul>

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- 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.

- Perform and apply different types of jumps in other contexts.
- Set up and lead jumping activities including measuring the jumps with confidence and accuracy.