

Athletics progression

	Skills and knowledge	Vocabulary
Pre-school	- Running: explore running and stopping safely. - Jumping: explore jumping and hopping safely. - Throwing: explore throwing to a target.	Run Jump Stop Throw Target
	- Running: begin to understand that you must use big steps to run and small steps to stop. - Jumping: know that bending my knees will help me to jump. - Throwing: understand that I must aim at the target.	
Reception	- Running: running and stopping safely and with confidence. - Jumping: jumping and hopping safely and with confidence. - Throwing: throwing to a target and with confidence.	Push Space Forwards Safely Balance Backwards
	- Running: know that I use big steps to run and small steps to stop. - Know that moving into space away from others helps to keep me safe. - Jumping: know that bending my knees will help me to land safely. - Throwing: understand that bigger targets are easier to hit. - Rules: know that rules help us to stay safe.	
Year 1	- Running: explore running at different speeds. - Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. - Throwing: explore throwing for distance and accuracy.	Far Hop Aim Fast Slow Bend Improve Direction
	Running: understand that if I swing my arms it will help me to run faster.	

	• Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further. • Throwing: know that stepping forward with my opposite foot to hand will help me to throw further. • Rules: know that rules help us to play fairly.	Travel
Year 2	• Running: develop the sprinting action. • Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. • Throwing: develop overarm throwing for distance.	Sprint Jog Distance Distance Height Take off Landing Overarm Underarm
	• Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. • Jumping: know that swinging my arms forwards will help me to jump further. • Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object. • Rules: know how to follow simple rules when working with others.	
Year 3	• Running: develop the sprinting technique and apply it to relay events. • Jumping: develop technique when jumping for distance in a range of approaches and take-off positions. • Throwing: explore the technique for a pull throw.	Speed Power Strength Accurately Higher Pace Control Faster Further
	• Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. • Jumping: know that if I jump and land in quick succession, the momentum will help me to jump further.	

	• Throwing: understand that the speed of the movement helps to create power. • Rules: know the rules of the event and begin to apply them.	
Year 4	• Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. • Jumping: develop technique when jumping for a distance. • Throwing: explore power and technique when throwing for distance in a pull and heave throw.	Power Stamina Officiate Perseverance Determination Accuracy Personal best
	• Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. • Jumping: understand that transferring weight will help me to jump further. • Throwing: understand that transferring weight will help me to throw further. • Rules: know and understand the rules to be able to manage our own events.	
Year 5	• Running: apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. • Jumping: explore technique and rhythm in the triple jump. • Throwing: Develop technique and power in javelin and shot put.	Technique Downsweep Upsweep Flight Rhythm Stride
	• Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances. • Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps.	

	• Throwing: know how to transfer my weight in different throws to increase the distance. • Rules: understand and apply rules in a variety of events using official equipment.	
Year 6	• Running: demonstrate a clear understanding of pace and use it to develop their own and others' sprinting technique. • Jumping: develop power, control and technique in the triple jump. • Throwing: develop power, control and technique when throwing discus and shot put.	Force Rotation Compete Trajectory Momentum Continuous pace Transfer of weight
	• Running: understand that I need to prepare my body for running and know the muscle groups I will need to use. • Jumping: understand that a run-up builds speed and power and enables me to jump further. • Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use. • Rules: understand and apply rules in events that pose an increased risk.	