

Skills Progression- Athletics

Athletics						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -To explore movement with arms and legs. -To roll a ball in a direction. -To move in different directions at different speeds. - To Jump with a safe landing. 	<ul style="list-style-type: none"> -To explore footwork patterns. - To explore arm mobility. - To explore different methods of throwing. - To practice short distance running. - To complete an obstacle course with control and agility 	<ul style="list-style-type: none"> -To run with agility and confidence. - To learn the best jumping techniques for distance. - To throw different objects in a variety of ways. - To hurdle an obstacle and maintain effective running style. - To run for distance. - To complete an obstacle course with control and agility 	<ul style="list-style-type: none"> -To run in different directions and at different speeds, using a good technique. - To improve throwing technique. - To reinforce jumping techniques. -To understand the relay and passing the baton. - To choose and understand appropriate running techniques. - To compete in a mini competition, recording scores. 	<ul style="list-style-type: none"> -To select and maintain a running pace for different distances. - To practice throwing with power and accuracy. - To throw safely and with understanding. - To demonstrate good running technique in a competitive situation. - To explore different footwork patterns. - To understand which technique is most effective when jumping for distance. - To understand which technique is most effective when jumping for distance. -To utilise all the skills learned in this unit in a competitive situation. 	<ul style="list-style-type: none"> -To use correct technique to run at speed. -To develop the ability to run for distance. - To throw with accuracy and power. - To identify and apply techniques of relay running. - To explore different footwork patterns. - To understand which technique is most effective when jumping for distance. - Learn how to use skills to improve the distance of a pull throw. - To demonstrate good techniques in a competitive situation. 	<ul style="list-style-type: none"> - To investigate running styles and changes of speed. - To practice throwing with power and accuracy. - To throw safely and with understanding. - To demonstrate good running technique in a competitive situation. - To explore different footwork patterns. -To understand which technique is most effective when jumping for distance. - To utilise all the skills learned in this unit in a competitive situation.