

Athletics Progression

Areas	Reception	Year One	Year Two
<p><u>Throwing</u> chest pass roll bounce pass overhead pass under arm pass over arm pass shoulder pass</p>	<ul style="list-style-type: none"> To shows increasing control over an object in pushing and throwing. To develop throwing skills at a target To develop throwing skills over distance. E.g. beanbag throw To use basic underarm with some accuracy 	<ul style="list-style-type: none"> Perform basic techniques of throwing with basic control when standing still. To accurately throw the ball at a target. To accurately throw the ball over distance. E.g. shot put Develop an under and over arm throwing action with some accuracy. 	<ul style="list-style-type: none"> Perform basic techniques of throwing to a good level of consistency when moving and standing still. To accurately throw the ball at a target. To accurately throw the ball over distance. E.g. shot put discus and javelin. Show a good throwing technique and extended accuracy and distance Know and understand how the position of the body affects throwing performance.
<p><u>Running</u></p>	<ul style="list-style-type: none"> I can run and change speeds over short distances. I can take part in a variety of team races using a variety of equipment e.g. jumping through hula hoops in a running race or ladders. 	<ul style="list-style-type: none"> I can run at different speeds. I can improve my running technique and run for longer distances I can take part in a variety of team races using a variety of equipment e.g. batons on relay race. 	<ul style="list-style-type: none"> I can change speed and direction whilst running with good technique. I can vary my pace to run different distances. I can take part in a variety of team races using a variety of equipment e.g. batons on relay race, hurdles.
<p><u>Jumping</u></p>	<ul style="list-style-type: none"> I can perform a two footed jump into a flat object. E.g. hoops, over a line/flat rope. 	<ul style="list-style-type: none"> I can perform a two footed jump for distance e.g. long jump I can use my arms to gain power in jumping. 	<ul style="list-style-type: none"> I can perform a two footed and 2:1 jump for speed, distance and height e.g. speed bounce, long jump, hurdles using the correct technique.

<p>Understanding</p>	<ul style="list-style-type: none"> • I know how to work with others kindly • I know exercise is good for health. • I can talk about how my body feels after exercise • I can talk about what I liked 	<ul style="list-style-type: none"> • I am beginning to understand fairness and respect • I understand some reasons why we warm up and cool down. • I can recognise changes in the body during exercise such as feeling hot and thirsty. • I can talk about exercising, safety and short term effects of exercise. • I can watch and discuss my own and peers work. • I can begin to evaluate my performance using time 	<ul style="list-style-type: none"> • I understand values in sport such as fairness and respect • I understand the need for warm up and cool down, and also what is happening to my body during exercise. • I can recognise a change in temperature and heart rate during exercise. • I understand the importance of exercising, safety and short term effects of exercise. • I can watch others perform and discuss what worked well and use this to focus on specific actions to improve their own skills. • I can evaluate my performance using time
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