

Athletics Progression

In athletics children will develop flexibility, strength, technique, control and balance.

<p>Sunshine (EYFS)</p>	<p>Health and fitness Describe how the body feels when still and when exercising</p> <p>Running Run in different ways for a variety of purpose</p> <p>Jumping Jump in a range of ways, landing safely</p> <p>Throwing Roll equipment in different ways. Throw underarm. Throw an object at a target.</p> <p>Compete/ perform Control their body when performing a sequence of movements Participate in simple games</p> <p>Evaluate Talk about what they have done. Talk about what others have done.</p>
<p>Rainbow and Amethyst</p>	<p>Health and fitness Describe how the body feels before, during and after exercise. Carry and place equipment safely.</p> <p>Running Vary their pace and speed when running.</p>

	<p>Run with a basic technique over different distances. Show good posture and balance. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they change direction when jogging or sprinting.</p> <p>Jumping</p> <p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Perform a short jumping sequence. Jump as high as possible. Jump as far as possible. Land safely and with control. Work with a partner to develop the control of their jumps.</p> <p>Throwing</p> <p>Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.</p> <p>Compete/ perform</p> <p>Begin to perform learnt skills with some control. Engage in competitive activities and team games.</p> <p>Evaluate</p> <p>Watch and describe performances. Begin to say how they could improve.</p>
Amber	<p>Health and fitness</p> <p>Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.</p> <p>Running</p> <p>Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds.</p>

	<p>Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances.</p> <p>Jumping</p> <p>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Know that the leg muscles are used when performing a jumping action.</p> <p>Throwing</p> <p>Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.</p> <p>Compete/ perform</p> <p>Perform learnt skills with increasing control. Compete against self and others.</p> <p>Evaluate</p> <p>Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>
<p>Ruby and Diamond</p>	<p>Health and fitness</p> <p>Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

	<p>Running</p> <p>Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run.</p> <p>Jumping</p> <p>Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control.</p> <p>Throwing</p> <p>Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance.</p> <p>Compete/ perform</p> <p>Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate</p> <p>Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p>
<p>Quartz</p>	<p>Health and fitness</p> <p>Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.</p>

	<p>Running Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.</p> <p>Jumping Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped.</p> <p>Throwing Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.</p> <p>Compete/ perform Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p>
<p>Aventurine and Emerald</p>	<p>Health and fitness Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise. Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.</p>

Running

Accelerate from a variety of starting positions and select their preferred position.

Identify their reaction times when performing a sprint start.

Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.

Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.

Identify and demonstrate stamina, explaining its importance for runners.

Recap, practise and refine an effective sprinting technique, including reaction time.

Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.

Accelerate to pass other competitors.

Work as a team to competitively perform a relay. 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.

Jumping

Improve techniques for jumping for distance.

Perform an effective standing long jump.

Perform the standing triple jump with increased confidence.

Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.

Land safely and with control.

Measure the distance and height jumped with accuracy. Investigate different jumping techniques.

Develop the technique for the standing vertical jump.

Maintain control at each of the different stages of the triple jump.

Land safely and with control.

Develop and improve their techniques for jumping for height and distance and support others in improving their performance.

Perform and apply different types of jumps in other contexts.

Set up and lead jumping activities including measuring the jumps with confidence and accuracy.

Throwing

Perform a fling throw.

Throw a variety of implements using a range of throwing techniques.

Measure and record the distance of their throws.

Continue to develop techniques to throw for increased distance.

Perform a heave throw.

Measure and record the distance of their throws.

Continue to develop techniques to throw for increased distance and support others in improving their personal best.

Develop and refine techniques to throw for accuracy.

Compete/ perform

Consistently perform and apply skills and techniques with accuracy and control.

Take part in competitive games with a strong understanding of tactics and composition.

Perform and apply a variety of skills and techniques confidently, consistently and with precision.

Take part in competitive games with a strong understanding of tactics and composition.

Evaluate

Choose and use criteria to evaluate own and others' performance.

Explain why they have used particular skills or techniques, and the effect they have had on their performance.

Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.