



Athletics Skills Progression (Years 1–6)

Year	Focus	Key Skills
Year 1	Fundamentals- Basic movement skills and enjoyment	<p>Running</p> <ul style="list-style-type: none"> • Run at different speeds (fast/slow) • Run in a straight line • Change direction safely • Understand start and finish <p>Jumping</p> <ul style="list-style-type: none"> • Two-footed take-off and landing • Jump forwards and upwards • Land with balance and control <p>Throwing</p> <ul style="list-style-type: none"> • Roll and throw a beanbag or foam ball • Throw underarm towards a target • Use large body movements <p>Athletic Understanding</p> <ul style="list-style-type: none"> • Explore space safely • Follow simple rules and instructions • Describe how their body feels when active
Year 2	Control & Consistency- Improving control and confidence	<p>Running</p> <ul style="list-style-type: none"> • Run at different speeds (fast/slow) • Run in a straight line • Change direction safely • Understand start and finish <p>Jumping</p> <ul style="list-style-type: none"> • Two-footed take-off and landing • Jump forwards and upwards • Land with balance and control <p>Throwing</p> <ul style="list-style-type: none"> • Roll and throw a beanbag or foam ball • Throw underarm towards a target • Use large body movements <p>Athletic Understanding</p> <ul style="list-style-type: none"> • Explore space safely • Follow simple rules and instructions • Describe how their body feels when active
Year 3	Technique Introduction- Introducing athletic techniques	<p>Running</p> <ul style="list-style-type: none"> • Sprint with improved posture • Introduce pacing for longer runs • Begin relay changeovers <p>Jumping</p> <ul style="list-style-type: none"> • Standing long jump with swing of arms



		<ul style="list-style-type: none"> • Hop, step and jump patterns • Begin running jumps <p>Throwing</p> <ul style="list-style-type: none"> • Overarm throw with rotation • Throw using different equipment (foam javelin, shot put) • Measure throws with adult support <p>Athletic Understanding</p> <ul style="list-style-type: none"> • Record simple results • Understand why technique matters • Begin to evaluate own performance
Year 5	Refinement and Strategy- Refining technique and introducing competition	<p>Running</p> <ul style="list-style-type: none"> • Sprint using power and drive • Pace middle-distance runs • Refine relay baton handover techniques <p>Jumping</p> <ul style="list-style-type: none"> • Take off from one foot • Develop flight and landing phase • Combine speed with take-off <p>Throwing</p> <ul style="list-style-type: none"> • Apply correct grip and release • Throw for maximum distance • Use run-ups for javelin-style throws <p>Athletic Understanding</p> <ul style="list-style-type: none"> • Take accurate measurements • Apply tactics (when to sprint, pace) • Peer assess using key criteria
Year 6	Performance and Leadership- applying skills in competitive and leadership contexts	<p>Running</p> <ul style="list-style-type: none"> • Sprint with acceleration and speed endurance • Apply pacing strategies independently • Perform confidently in races and relays <p>Jumping</p> <ul style="list-style-type: none"> • Consistent one-foot take-off • Control flight and landing at speed • Improve personal bests <p>Throwing</p> <ul style="list-style-type: none"> • Combine strength, technique and timing • Select appropriate throwing style • Refine accuracy and distance <p>Athletic Understanding</p> <ul style="list-style-type: none"> • Officiate and score events • Lead warm-ups independently • Analyse performance and set targets