

# PROGRESSION OF KEY SKILLS

## Athletics

### Reception – through intro first PE unit

- > Marching/running for co-ordination
- > Experiment with different ways of throwing under/overarm
- > Experiment with different ways of jumping– measuring with various objects
- > Working with friends in a team – taking turns

EY



### Year 1 – through intro Ball Skills unit

- > Running pumping arms at various speeds
- > Throw a variety of objects with some accuracy
- > Jumping bending knees and pushing off – being competitive to improve distance as a pair
- > Co-operate and compete in a team in various running games turns

1

### Year 2 – through intro Ball Skills unit

- > Using arms and keeping head still when exploring running patterns
- > Throw in correct stance 'Usain Bolt position'
- > Use arms to improve jumping technique – beating their own score
- > Compete in a team in various running/obstacle games and working together to improve team performance

2



**Year 3****3**

- > Begin to perform 'FAST' technique
- > Throw a javelin/vortex using correct stance rotating hips forward
- > Perform a hop, step and jump (standing triple jump) in isolation and in combination
- > In warm ups develop running for distance
- > Develop relay change over techniques
- > Run and take off over obstacles at some speed

**Year 4****4**

- > Perform 'FAST' technique confidently when sprinting
- > Throw a javelin/vortex with height and distance
- > Perform a hop, step and jump (standing triple jump)
- > In warm ups develop running for distance increasing each lesson
- > Pass a relay baton with control with a partner in adapted games
- > Run and jump over hurdles with some speed and control

**Year 5****5**

- > React quickly and accelerate over short distances
- > Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance
- > Perform a variety of jumps (Long jump and triple jump) and measure for distance
- > Develop pace when running longer distance
- > Pass a relay baton with control and timing in a pairs change over

**Year 6****6**

- > Accelerate quickly with speed and control in movement – timed/competitive races
- > Throw a javelin/vortex /shot put safely with accuracy and power
- > Perform a jump for distance varying techniques to improve performance
- > Develop long distance running- learning to pace and show good technique
- > Pass a relay baton in competitive situations (timed)





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