Tatsfield Primary School – Athletics Skills Progression

NC objective:
Master basic movements including running, jumping, throwing and catching, as well as developing balance, <u>agility</u> and *co-ordination*, and begin to apply these in a range of activities

Year 1	Year 2
- To develop spatial awareness and *control* when moving - To develop skills of changing speed - To develop underarm throwing - To develop the skill of <u>take offs and landings</u> - To travel along *different pathways* - To develop the push throw - To work co-operatively with a partner to problem solve - To explore what pieces of equipment are suitable for difference situations and tasks - To work to the rules of a game/task - To travel in different ways for whole body involvement <u>and mobilisation of joints</u> - To develop running style - To develop combination jumping techniques - To practise a <u>pivot turn.</u>	- To understand the importance of <u>*mobility exercises and children to incorporate them into warm ups*</u> - To play <u>*running and avoiding games*</u> to further develop co-ordination and control of their bodies in space. - To develop a push-throw and push-bounce - To isolate different elements of sprinting techniques - To throw for distance - To jump for distance, using different patterns and take offs- and landings - To practise a push-throw with a bounce - To working co-operatively with a partner counting, timing, problem-solving and simple peer assessment - To explore a range of equipment, different body positions, different types of take-off and landing and understanding how they can affect success of an activity.

NC objective:

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Year 3	Year 4	Year 5	Year 6
• To independently practise mobility exercises incorporating them in own warm ups • To develop nimble footwork, transfer of weight and spacial awareness • To develop style of sprinting using arms and legs • To throw for accuracy (fling throw) • To improve jumping and throwing for distance (Pull-throw) • To improve sprinting, by experiencing different speeds and rhythms of running and understanding when to use the most effective • To practise running over longer distances (endurance) • To practise relay running and shuttle take-over • To work co-operatively with a partner counting, measuring, timing and peer assessing.	• To independently use mobility exercises and range of pulse –racing problem solving activities • To engage in a variety of pulse racing running and avoiding games to develop nimble footwork, transfer of weight and spacial awareness • To practise running for speed (including pace running), distance and over obstacles • To develop throwing techniques (push- and pull) • To practise jumping high, low and combination • To improve taking over from behind during sprinting • To throw (and use different throws) for distance and accuracy • To practise relay take-over (down sweep) • To use different throws for accuracy • To work together to engage in more complex challenges, problem solving situations and competitions.	• To play pulse racing chasing and tag games to develop balance and spacial awareness • To develop jumping high (scissor jump for height) and long • To develop rhythm in running and over obstacles • To practise relay take-over (upsweep) • To estimate duration, distance and speed • To develop the technique of a good sprint start • To compete in relays • To understand when to change rhythm and speed when running and knowing when to apply them appropriately • To work co-operatively in teams to engage in challenges and competitive situations.	• To develop the technique of drive and speed • To develop throwing styles (shot) and sling (discuss) • To practise and develop long jump techniques and combination jumps (triple jump) • To develop a pull throw using a javelin and running over obstacles • To run longer distances • To work on and develop stride frequency and smooth relay take overs (down sweep and upsweep) • To develop technique of jumping for height (scissor jump) • To develop changing direction at speed • To work competitively to beat own records and in competition with others • To work co-operatively in teams to engage in and manage challenges and competitions.