



# Athletics Progression Ladder

## Skills

## Knowledge

**Running:** demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.

**Jumping:** develop power, control and technique in the triple jump.

**Throwing:** develop power, control and technique when throwing discus and shot put.

**Running:** apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.

**Jumping:** explore technique and rhythm in the triple jump.

**Throwing:** Develop technique and power in javelin and shot put.



**Running:** develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.

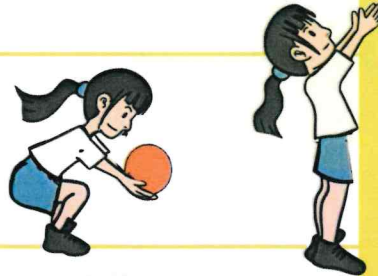
**Jumping:** develop technique when jumping for distance.

**Throwing:** explore power and technique when throwing for distance in a pull and heave throw.

**Running:** develop the sprinting technique and apply it to relay events.

**Jumping:** develop technique when jumping for distance in a range of approaches and take off positions.

**Throwing:** explore the technique for a pull throw.



**Running:** develop the sprinting action.

**Jumping:** develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.

**Throwing:** develop overarm throwing for distance.

**Running:** explore running at different speeds.

**Jumping:** develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.

**Throwing:** explore throwing for distance and accuracy.



**Running:** explore running and stopping safely.

**Jumping:** explore jumping and hopping safely.

**Throwing:** explore throwing to a target.

Year 6

**Running:** understand that I need to prepare my body for running and know the muscle groups I will need to use.

**Jumping:** understand that a run up builds speed and power and enables me to jump further.

**Throwing:** understand that I need to prepare my body for throwing and know the muscle groups I will need to use.

**Rules:** understand and apply rules in events that pose an increased risk.

Year 5

**Running:** understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances.

**Jumping:** know that if I drive my knees high and fast I can build power and therefore distance in my jumps.

**Throwing:** know how to transfer my weight in different throws to increase the distance.

**Rules:** understand and apply rules in a variety of events using official equipment.

Year 4

**Running:** understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.

**Jumping:** understand that transferring weight will help me to jump further.

**Throwing:** understand that transferring weight will help me to throw further.

**Rules:** know and understand the rules to be able to manage our own events.

Year 3

**Running:** understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.

**Jumping:** know that if I jump and land in quick succession, the momentum will help me to jump further.

**Throwing:** understand that the speed of the movement helps to create power.

**Rules:** know the rules of the event and begin to apply them.

Year 2

**Running:** know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.

**Jumping:** know that swinging my arms forwards will help me to jump further.

**Throwing:** know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.

**Rules:** know how to follow simple rules when working with others.

Year 1

**Running:** understand that if I swing my arms it will help me to run faster.

**Jumping:** know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further.

**Throwing:** know that stepping forward with my opposite foot to hand will help me to throw further.

**Rules:** know that rules help us to play fairly.

EYFS

**Running:** know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.

**Jumping:** know that bending my knees will help me to land safely.

**Throwing:** understand that bigger targets are easier to hit.

**Rules:** know that rules help us to stay safe.

