

## Progression in Athletics at Ashleigh

Year 1	Year 2	Year 3			
<p><b>YEAR 1</b></p> <ul style="list-style-type: none"> <li>• I can run at different speeds.</li> <li>• I can show balance and co-ordination when changing direction.</li> <li>• I can link running and jumping movements with some control and balance.</li> <li>• I can co-ordinate my body to throw towards a target.</li> <li>• I am developing my technique to throw for distance.</li> <li>• I can work collaboratively with others and make safe choices.</li> <li>• I can play to the rules.</li> <li>• I can recognise changes in my body when I do exercise</li> </ul>	<p><b>YEAR 2</b></p> <ul style="list-style-type: none"> <li>• I show balance and co-ordination when running at different speeds and in different directions.</li> <li>• I can link running and jumping movements with some control and balance.</li> <li>• I can jump and land with control.</li> <li>• I am developing throwing for distance.</li> <li>• I show good technique when throwing towards a target.</li> <li>• I can work collaboratively with others.</li> <li>• I am determined to improve my personal best.</li> <li>• I can describe how my body feels during exercise.</li> <li>• I can identify good technique.</li> </ul>	<p><b>YEAR 3</b></p> <ul style="list-style-type: none"> <li>• I can run at a pace that I can maintain.</li> <li>• I can use different take off and landings when jumping.</li> <li>• I am developing jumping for distance and height.</li> <li>• I can take part in a relay activity, remembering when to run and what to do.</li> <li>• I can throw a variety of objects, changing my action for accuracy and distance.</li> <li>• I am supportive and can work collaboratively with others.</li> <li>• I show determination to achieve my personal best.</li> <li>• I understand why it is important to warm up.</li> <li>• I can identify when I was successful.</li> </ul>			
<p style="text-align: center;"><u>Key Vocabulary</u></p> <p style="text-align: center;">speed, power, strength, accuracy</p>	<p style="text-align: center;"><u>Key Skills</u></p> <p style="text-align: center;">Running at different speeds, speed, balance, running over obstacles, jumping, hopping and leaping</p>	<p style="text-align: center;"><u>Key Vocabulary</u></p> <p style="text-align: center;">Power, speed, strength, vertical, progressive</p>	<p style="text-align: center;"><u>Key Skills</u></p> <p style="text-align: center;">Running at different speeds, Combining running and jumping, Agility and co-ordination, Jumping for distance and height, Throwing for distance</p>	<p style="text-align: center;"><u>Key Vocabulary</u></p> <p style="text-align: center;">Power, speed, strength, vertical, progressive</p>	<p style="text-align: center;"><u>Key Skills</u></p> <p style="text-align: center;">Sprinting, Running over obstacles, Jumping for distance and height, Push and pull throwing for distance</p>
Year 4	Year 5	Year 6			
<p><b>YEAR 4</b></p> <ul style="list-style-type: none"> <li>• I can demonstrate the difference in sprinting and running techniques.</li> <li>• I can jump for distance and height with balance and control.</li> <li>• I can throw with some accuracy and power to a target area.</li> <li>• I can support and work collaboratively with others.</li> <li>• I show determination to achieve my personal best.</li> <li>• I can explain what happens in my body when I warm up.</li> <li>• I can identify when I was successful and what I need to do to improve.</li> </ul>	<p><b>YEAR 5</b></p> <ul style="list-style-type: none"> <li>• I can choose the best pace for a running event.</li> <li>• I can perform a range of jumps showing some technique.</li> <li>• I can show control at take-off and landing in jumping activities.</li> <li>• I can show accuracy and good technique when throwing for distance.</li> <li>• I can lead a partner through short warm-up routines.</li> <li>• I can show perseverance to achieve my personal best.</li> <li>• I can understand how stamina and power help people to perform well in different athletic activities.</li> <li>• I can identify good athletic performance and explain why it is good.</li> </ul>	<p><b>YEAR 6</b></p> <ul style="list-style-type: none"> <li>• I can select and apply the best pace for a running event.</li> <li>• I can perform jumps for height and distance using good technique.</li> <li>• I can show accuracy and good technique when throwing for distance.</li> <li>• I can lead a small group through a short warm-up routine.</li> <li>• I can compete within the rules showing fair play and honesty.</li> <li>• I persevere to achieve my personal best.</li> <li>• I can identify my own and others' strengths and areas for development and can suggest ways to improve.</li> </ul>			
<p style="text-align: center;"><u>Key Vocabulary</u></p> <p style="text-align: center;">Power, speed, strength, vertical, progressive</p>	<p style="text-align: center;"><u>Key Skills</u></p> <p style="text-align: center;">Pacing, Sprinting technique, Jumping for distance and height, Throw, heave, launch for distance</p>	<p style="text-align: center;"><u>Key Vocabulary</u></p> <p style="text-align: center;">Consistent, downsweep, upsweep, bounding, momentum</p>	<p style="text-align: center;"><u>Key Skills</u></p> <p style="text-align: center;">Pacing, Sprinting technique, Relay changeovers, Jumping for height and distance, Push and pull throwing for distance</p>	<p style="text-align: center;"><u>Key Vocabulary</u></p> <p style="text-align: center;">Consistent, downsweep, upsweep, bounding, momentum</p>	<p style="text-align: center;"><u>Key Skills</u></p> <p style="text-align: center;">Pacing, Sprinting, Jumping for distance, Jumping for height, Push throwing for distance, Fling throwing for distance</p>