



PROGRESSION OF KEY SKILLS

Indoor Athletics

Early Years	EY
Experiment with different ways of throwing under/overarm	
Experiment with different ways of jumping over objects	
Jumping forwards and backward, sideways over a throw down spot	
Leaping over objects	
Skipping around an area	
Hopping around an area, and over throw down spots, strips	
Moving around safely, negotiating space and looking out for friends	

Year 1	1
Throwing using a sitting chest push- small ball	
Jumping bending knees and pushing off - being competitive to improve distance	
Speed bounce/jump over a throw down strip, cone, spot	
Leaping developing co-ordination	
Skipping - stepping though the hoop- two feet or one at a time	
Vertical jump - co-ordination of banana splat tap- jumping at various heights	
Co-operate and compete on own and in a team in various running games	

Year 2	2
Throwing with control using a sitting chest push	
Use arms to improve jumping technique - beating their own score	
Speed bounce over a cone/mat	
Leaping developing co-ordination of 3 big leaps	
Skipping - stepping/jumping through the hoop with some control	
Vertical jump - standing side on, jumping up to target	
Compete in a team in various running races and working together to improve team performance	

Year 3	3
Chest push using correct stance	
Jumping bending knees, use arms for distance	
Speed bounce develop control over a mat	
5 strides- co-ordinating steps with arms	
Skipping - with control, head up	
Vertical jump - standing side on, jumping up to target, bending your knees	
Running individually using FAST technique, and developing relay change over techniques	

Year 4	4
Chest push with height and distance	
Jumping bending knees, use arms for distance measure with some accuracy	
Speed bounce- increase speed and coordination over the speed bounce mat	
5 strides- co-ordinating steps, increasing distance using arms	
Skipping - with rhythm and focus	
Vertical jump - lower in to squat position, feet hip width apart	
Run and jump over hurdles with some speed and control	

Year 5	5
Chest push bending knees with good height and distance	
Perform a variety of standing jumps (Long jump and triple jump) and measure for distance	
Speed bounce developing good rhythm and control over the speed bounce mat	
5 strides- co-ordinating steps, bounding creating a longer stride	
Skipping - with rhythm aiming to get 25 skips or more	
Vertical jump -use arm swing movement to increase height	
Pass a relay baton with control and timing in a pairs change over	

Year 6	6
Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance	
Perform a Triple jump for distance varying techniques to improve performance	
Speed bounce with speed, fluency and rhythm	
5 strides- improve starting position to ensure a better first stride	
Skipping - with speed (30 skips or more)	
Vertical jump - Push into ground lift with an explosive movement up focus on landing softly- keep core engaged.	
Pass a relay baton in competitive situations (timed)	

