

# Athletics Progression of Key knowledge

## If I know this....

**Running-** Know to how to walk/march, swinging my arms with opposite arm and leg action  
**Throwing-** Know how to stand (my feet) when throwing  
**Jumping-** Know that I need to bend at my knees to land safely  
**Relays -** Know how to take it in turns with my team mates  
**Hurdles-** Know how to jump safely over objects  
**Rules, Strategies & Tactics (RST)-** Know that rules are there to keep me safe. Know how to score points

**Running-** Know that if I move my arms fast, It helps me run faster  
**Throwing-** Know that if I point my non- throwing arm in the direction of the throw, this helps me with accuracy  
**Jumping-** Know that I need to bend at my knees and push off (from two feet) when taking off  
**Relays -** Know that in a relay race one team member runs at a time  
**Hurdles-** Know how to safely land when leaping over different types of objects  
**Rules, Strategies & Tactics (RST)-** Know that when racing in a relay I must wait to 'high five' my teammate

**Running-** Know that when I keep my head still and use my arms- this helps me run faster  
**Throwing-** Know the correct stance and if I throw an object in an arch/rainbow shape it will help it go further  
**Jumping-** Know that I need to swing my arms to take off, when jumping to help me get further  
**Relays -** Know that I need to encourage my teammates in a relay race  
**Hurdles-** Know how to take off using different types of jumps  
**Rules, Strategies & Tactics (RST)-** Know some basic rules when running and jumping

**Running-** Know how to apply the FAST technique when sprinting  
**Throwing-** Know that if I stand side on and rotate my hips forward, this helps me gain distance with my throw  
**Jumping-** Know to combine a hop, step and jump, in order to perform a triple jump  
**Relays -** Know how to have my arm stretched out to receive an object/baton (for a relay change over)  
**Hurdles-** Know that my lead leg (is the first leg over the hurdle and the trail leg is the 2nd leg over)  
**Rules, Strategies & Tactics (RST)-** Understand safety rules (collect) and why they are important

**Running-** Know that if I react quickly, this will help me accelerate over short distances  
**Throwing-** Know the differences between throwing a shot putt (pushing) and throwing a javelin/vortex  
**Jumping-** Know that if I get height on my jump, this helps give me more time in the air to jump further  
**Relays -** Know that I should always look forward when receiving the baton in a relay changeover  
**Hurdles-** Know how to count strides between hurdles and bring my trail leg quickly over the hurdle  
**Rules, Strategies & Tactics (RST)-** Know the basic rules of throwing a shot

**Running-** Know the differences between sprinting and longer distance running  
**Throwing-** Know that good transfer of body weight helps increase the distance of my throw  
**Jumping-** Know looking forwards helps me to maximise my distance and control when landing  
**Relays -** Know that it is important to communicate in the relay changeover for it to be successful  
**Hurdles-** Know I should try and take the same number of steps between each hurdle- gives you better rhythm  
**Rules, Strategies & Tactics (RST)-** Know how the measurements are taken for throwing and jumping. understand what a 'no jump' is.

**Running-** Know that a sprint start will help me accelerate quickly in a race . Know how to pace myself at longer distances in a race and why this is important.  
**Throwing-** Know how a 3 stride approach can help improve momentum  
**Jumping-** Know that it is important when landing to fall forwards (not backwards)  
**Hurdles-** Know if I maintain speed, rhythm and technique this helps me run quicker.  
**Relays -** know the importance of listening and reacting quickly during a changeover in a race  
**Rules, Strategies & Tactics (RST)-** know the key rules of running, jumping and throwing events



ATHLETICS

EY

Yr 1

Yr 2

Yr 3

Yr 4

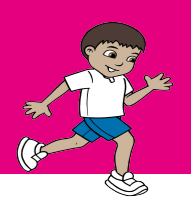
Yr 5

Yr 6



# Athletics Progression of Key Skills

## It can help me to do this....



**Running-**Marching/running for co-ordination  
**Throwing-** Experiment with different ways of throwing under/overarm  
**Jumping-** Experiment with different ways of jumping- measuring my jump with various objects  
**Relays -**Working with friends in a team – taking turns  
**Hurdles-**Leaping over cones, spots and throw down strips from standing  
**Rules, Strategies & Tactics (RST)-** Follow rules and instructions. Score in adapted games.

**Running-** Running/ pumping arms at various speeds  
**Throwing-**Throw a variety of objects with some accuracy  
**Jumping-** Jumping, bending knees and pushing off – being competitive to improve distance  
**Relays -**Co-operate and compete in a team in various running games.  
**Hurdles-** Leaping over throw down strips and low hurdles when moving  
**Rules, Strategies & Tactics (RST)-** Work with a team to race taking it in turns

**Running-** Using arms and keeping head still, when exploring running patterns  
**Throwing** Throw a variety of objects in correct stance 'Usain Bolt position'  
**Jumping-**Use arms to improve jumping technique – beating their own score  
**Relays -**Compete in a team in various running/obstacle games and improve team performance  
**Hurdles-**Leaping over hurdles beginning to compete against self and others  
**Rules, Strategies & Tactics (RST)-** know some basic rules when running, jumping, standing behind the line.

**Running-**Begin to perform 'FAST' technique  
**Throwing** Throw a javelin/vortex/tennis ball, using correct stance, rotating hips forward  
**Jumping-**Perform a hop, step and jump (standing triple jump) in isolation and in combination  
**Relays -**Pass an object/baton in adapted relay games  
**Hurdles-**Run and take off over obstacles at some speed  
**Rules, Strategies & Tactics (RST)-** Throwing and collecting the object safely

**Running-**Perform 'FAST' technique confidently and react quickly when sprinting  
**Throwing-** Throw a javelin/vortex/shot/tennis ball, with height and distance  
**Jumping-**Perform a hop, step and jump (standing triple jump)  
**Relays-** Pass a relay baton/object with control with a partner in adapted games  
**Hurdles-**Run and jump over hurdles with some speed and control  
**Rules, Strategies & Tactics (RST)-** Follow the rules and compete against others.

**Running-**React quickly and accelerate over short distances. Develop pace when running longer distance  
**Throwing-** Throw a javelin/vortex/shot//tennis ball, using correct stance, rotating hips forward with good height and distance  
**Jumping-**Perform a variety of jumps (Long jump and triple jump) and measure for distance  
**Relays-**Pass a relay baton with control and timing in a pairs change over  
**Hurdles-**Run and jump over hurdles with fluency  
**Rules, Strategies & Tactics (RST)-** Time and measure my peers in various events

**Running-**Accelerate quickly with speed and control in movement – timed/competitive races  
 Develop long distance running- learning how to set a pace and show good technique  
**Throwing-**Throw a javelin/vortex /shot put safely, with accuracy and power  
**Jumping-**Perform a jump for distance, varying techniques to improve performance  
**Relays-**Pass a relay baton in competitive situations (timed)  
**Hurdles-**Run and jump over hurdles with fluency and speed, improving time to achieve a personal best  
**Rules, Strategies & Tactics (RST)-** Officiate and record with accuracy