

Athletics Progression Ladder



Games Unit 1 & 2
Fundamentals Unit 1 & 2
Ball Skills Unit 1 & 2

<p>Running Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique..</p>	<p>Running Hurdle with greater control and coordination.</p>	<p>Jumping Develop take off position when jumping for height.</p>	<p>Jumping Develop power, control and consistency in jumping for distance.</p>	<p>Jumping Develop power, control and technique in the triple jump.</p>	<p>Throwing Develop power, control and technique when throwing discus and javelin.</p>
<p>Running Apply fluency and coordination when running for speed in relay changeovers.</p>	<p>Running Effectively apply speeds appropriate for the event.</p>	<p>Jumping Develop power and control when jumping for distance.</p>	<p>Jumping Explore technique and rhythm in the triple jump.</p>	<p>Jumping Explore fluency and technique in the vertical jump.</p>	<p>Throwing Develop technique and power in javelin and shot put.</p>
<p>Running Develop an understanding of speed and pace in relation to distance.</p>	<p>Running Develop power and speed in the sprinting technique.</p>	<p>Jumping Develop technique when jumping for distance.</p>	<p>Jumping Develop technique in a range of approaches and take off positions.</p>	<p>Jumping Develop jumping for height and safety on landing.</p>	<p>Throwing Explore the technique for a pull throw.</p>
<p>Running Develop the sprinting technique and apply it to relay events.</p>	<p>Running Develop fluency and rhythm when running over obstacles.</p>	<p>Jumping Develop jumping, hopping and skipping actions.</p>	<p>Jumping Develop balance whilst jumping and landing.</p>	<p>Jumping Explore hopping, jumping and leaping for distance.</p>	<p>Throwing Develop overarm throwing for distance.</p>
<p>Running Develop the sprinting action. Explore rhythm when running over obstacles.</p>	<p>Running Explore running at different speeds. Explore running over obstacles.</p>	<p>Jumping Develop balance whilst jumping and landing.</p>	<p>Jumping Explore jumping and hopping safely.</p>	<p>Jumping Explore hopping, jumping and leaping for distance.</p>	<p>Throwing Explore throwing for distance and accuracy.</p>
<p>Running Explore running and stopping. Explore running on the balls of their feet.</p>	<p>Running Hurdle with greater control and coordination.</p>	<p>Jumping Develop take off position when jumping for height.</p>	<p>Jumping Develop power, control and consistency in jumping for distance.</p>	<p>Jumping Develop power, control and technique in the triple jump.</p>	<p>Throwing Develop power, control and technique when throwing discus and javelin.</p>
<p>Running Explore running and stopping. Explore running on the balls of their feet.</p>	<p>Running Hurdle with greater control and coordination.</p>	<p>Jumping Develop take off position when jumping for height.</p>	<p>Jumping Develop power, control and consistency in jumping for distance.</p>	<p>Jumping Develop power, control and technique in the triple jump.</p>	<p>Throwing Develop power, control and technique when throwing discus and javelin.</p>

EYFS

Year 6

Year 5

Year 4

Year 3

Year 2

Year 1