



## Skills Progression – Athletics

EYFS To be able to refine the fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping, climbing

Y1 To be able to move by running and jumping with control and care

Y1 To be able to explore throwing and catching using a range of techniques

Y2 To master basic throwing and catching.

Y2 To master basic running and jumping

Y3 To show control, accuracy and coordination within running and jumping movements at different speeds

Y3 To be able to take part in a relay, remembering when to run and how to work within a team

Y4 To be able to run over a long distance and sprint a short distance

Y4 To be able to throw in different ways and hit a target

Y4 To be able to jump in different ways

Y5 To be able to control my body when taking off and landing

Y5 To be able to throw with accuracy

Y6 To be able to combine a range of running, jumping, throwing and catching techniques with control.

