

KS2 ATHLETICS – SKILLS PROGRESSIONS

	Athletics Skills	Fundamental Movement Skills (FMS)	PE Concepts	OTHER SKILLS
Year 3 Exploring running, jumping and throwing	<ul style="list-style-type: none"> Running with good posture Running for speed Exploring jumping styles Exploring the two handed push throw Throwing and retrieving safely Exploring the one handed pull throw 	<ul style="list-style-type: none"> Running Jumping Throwing Landing Rotation Extending 	<ul style="list-style-type: none"> Safety when throwing objects Performance Acceleration Events Recording and measuring 	<ul style="list-style-type: none"> Social Skills Health and Fitness Vocabulary
Year 4 Refining running, jumping and throwing	<ul style="list-style-type: none"> Develop running posture Explore the start position and reaction speed Running over obstacles Develop jumping for distance Jumping from one foot to two feet (leap) Explore the one handed push throw Explore running over a longer distance 	<ul style="list-style-type: none"> Running Jumping Leaping Landing Throwing Pushing 	<ul style="list-style-type: none"> Record and measure performance Peer and self assessment Coordination Timing Safety 	<ul style="list-style-type: none"> Social Skills Health and Fitness Vocabulary Comparing performance Evaluating Giving feedback
Year 5 Applying running, jumping and throwing	<ul style="list-style-type: none"> Developing fast reactions and sprint starts Developing the long jump Refining the pull throw (throwing for distance) Developing the push throw (shot) Developing jumping for distance with a run up Explore the heave throw technique (hammer) Develop running over a longer distance Explore the push pass (relay baton) Exploring the scissor jump technique 	<ul style="list-style-type: none"> Running Jumping Landing Throwing Extending Pushing Balancing Leaping 	<ul style="list-style-type: none"> Pacing Consistency Rhythm Setting targets Record and measure performance Relays Competing 	<ul style="list-style-type: none"> Collaborating with others Social Skills Health and Fitness Vocabulary Resilience Giving feedback
Year 6 Applying running, jumping and throwing in competition	<ul style="list-style-type: none"> Develop sprinting over obstacles Combining hop, step and jump (exploring triple jump) Explore dynamic sling throw (discuss technique) Develop the dynamic heave throw (hammer throw) Refine and compete at long jump Sustain running at a consistent pace over a long distance Apply the one handed pull throw in competition Refine and apply the push pass in a team relay race Execute the scissor jump in competition Apply running, jumping and throwing techniques in competition 	<ul style="list-style-type: none"> Running Jumping Leaping Landing Throwing Rotation Extending Hopping Skipping 	<ul style="list-style-type: none"> Record and measure performance Evaluating performance Competing Consistency Teamwork Leadership 	<ul style="list-style-type: none"> Resilience Competition Collaboration Social Skills Vocabulary Giving feedback