

Athletics						
Reception:	Year 1:	Year 2:	<u>Year 3:</u>	<u>Year 4:</u>	Year 5:	Year 6:
Be able to run at different speeds.	Be able to walk/run while looking forwards.	Be able to use arms while running, keep head still and look forwards.	Pump/swing arms when running, keep head still and torso upright.	React quickly and sometimes accelerate over short distances.	Consistently react quickly and accelerate over short distances.	Consistently react quickly, accelerate with speed and good control in movement.
Attempt a variety of jumps.	Attempt the correct stance and throw accurately towards a target.	Stand in the correct stance and consistently throw accurately towards a target.	Run over an obstacle/hurdle at some speed.	Run over an obstacle/hurdle with speed and control.	Be able to run at a consistent pace over longer distances.	Be able to run at a consistent pace over longer distances with good technique.
How can you throw?	Attempt the correct stance and throw an object for distance.	Stand in the correct stance and throw an object accurately with some height and distance.	Begin to pass a relay baton with some control.	Pass a relay baton with good control.	Pass and receive a relay baton.	Pass and receive a relay baton with good control and timing.
How can you race in different ways?	Bend knees and push off the floor when jumping.	Bend knees and use arms to generate power when jumping.	Stand in the correct stance when holding a soft javelin.	Throw a soft javelin while standing in the correct stance.	Throw a soft javelin using the correct stance and rotating hips forwards.	Throw a soft javelin with good height and distance using correct stance and a short run up.
	Co-operate and work as part of a team while competing against others.	Co-operate and work as part of a team, encourage teammates and show good sportsmanship.	Stand in the correct stance for shot put.	Push a tennis ball, basketball or shotput while standing in the correct stance.	Push a tennis ball/shot put using correct shot put stance and rotating hips forwards.	Push a tennis ball/shot put with good height and distance using correct shot put stance and rotating hips forwards.
			Attempt a hop, step and a jump.	Perform a hop, step and a jump with control.	Perform a standing long jump/long jump with a short run up with good control and balance.	
			Attempt a standing long jump.	Perform a standing long jump with good control.		

						Perform a standing long jump/long jump with a short run up with good control and balance, competing with self to strive for a personal best.
--	--	--	--	--	--	--