

Athletics Progression Ladder



Fundamentals
Games Unit 1 & 2

Ball Skills Unit 1 & 2

Running
Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique..

Running
Apply fluency and coordination when running for speed in relay changeovers.

Running
Develop an understanding of speed and pace in relation to distance.

Running
Develop the sprinting technique and apply it to relay events.

Running
Develop the sprinting action.

Running
Explore rhythm when running over obstacles.

Running
Explore running at different speeds.

Running
Explore running over obstacles.

Running
Explore running and stopping.

Running
Explore running on the balls of their feet.

Running
Hurdle with greater control and coordination.

Running
Effectively apply speeds appropriate for the event.

Running
Develop power and speed in the sprinting technique.

Running
Develop fluency and rhythm when running over obstacles.

Jumping
Develop take off position when jumping for height.

Jumping
Develop power, control and consistency in jumping for distance.

Jumping
Develop technique when jumping for distance.

Jumping
Develop technique in a range of approaches and take off positions.

Jumping
Develop jumping, hopping and skipping actions.

Jumping
Develop balance whilst jumping and landing.

Jumping
Explore jumping and hopping safely.

Year 6

Year 5

Year 4

Year 3

Year 2

Year 1

EYFS

Jumping
Develop power, control and technique in the triple jump.

Jumping
Explore technique and rhythm in the triple jump.

Jumping
Explore fluency and technique in the vertical jump.

Jumping
Develop jumping for height and safety on landing.

Jumping
Explore safely jumping for distance and height.

Jumping
Explore hopping, jumping and leaping for distance.

Throwing
Explore throwing to a target.

Throwing
Develop power, control and technique when throwing discus and javelin.

Throwing
Develop technique and power in javelin and shot put.

Throwing
Explore power and technique when throwing for distance in a pull throw.

Throwing
Explore the technique for a pull throw.

Throwing
Develop overarm throwing for distance.

Throwing
Explore throwing for distance and accuracy.