

# Athletics Progression

EYFS	Year 1	Year 2	Year 3	Year 4
Can move confidently in a range of ways, safely negotiating space.	Can run at different speeds.	Can change speed and direction whilst running.  Can use equipment safely	Beginning to run at speeds appropriate for the distance. e.g. sprinting and cross country	Beginning to build a variety of running techniques and use with confidence.
Can jump keeping both feet together.	Can jump from a standing position	Can jump from a standing position with accuracy.	Can perform a running jump with some accuracy	Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)
Performs a variety of throws with some control.	Performs a variety of throws with basic control.	Performs a variety of throws with control and coordination.	Performs a variety of throws using a selection of equipment.	Demonstrates accuracy in throwing and catching activities.
Can use equipment safely.	Can use equipment safely	Can use equipment safely	Can use equipment safely and with good control.	Describes good athletic performance using correct vocabulary.
Can compete in an inter-house athletics event as part of a team (sports day.)	Can compete in an inter-house athletics event as part of a team (sports day.)	Can compete in an inter-house athletics event as part of a team (sports day.)	Can compete in an inter-house athletics event as part of a team (sports day.)	Can use equipment safely and with good control.
				Can compete in an inter-house athletics event as part of a team (sports day.)