

Key Concept Athletics	EYFS – All units	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Running	Run forwards, sideways and backwards safely	Travel at different speeds when running Stop safely from different speeds Travel along different pathways including; straight, zig-zag, curved, circle and diagonally.	Run at different paces describing the pace they are going (Walk, jog, run, sprint) Control speed while changing direction with balance and co-ordination	Understand the importance of adjusting running pace to suit the distance being run Know that different techniques in running can affect their performance	Accelerate and decelerate smoothly Know that a slower pace is needed for middle/longer distance racing Compete in a relay race, understanding when it is their turn pass a baton over	To maintain a steady pace for a middle/long distance race Use a standing start for a sprint race Sprint with high knees and fast arms Compete in a relay race, pass the baton smoothly and know when to start running to receive the baton	To know how to pace themselves in a middle/long distance race, with a steady pace for the majority of race and a sprint finish Use a sprint crouch start at the beginning of a sprint race In a team relay, pass the baton using the upsweep or down-sweep technique.
Jumping	Jump with two feet	Land safely when jumping with two feet Jump as high a possible Jump as far as possible	Perform and compare different types of jumps; two feet to two feet, two feet to one foot, one foot to two feet, one foot to the other foot.	To jump for distance from a standing position Land safely and with control and balance	To perform a standing long jump onto a mat/long jump mat To combine a hop, step and jump to perform the standing triple jump	To perform and measure the distance of a standing long jump	To perform, measure and record the height of the vertical jump
Throwing	Roll an object with one hand towards a target	Throw underarm and overarm Throw a ball at a target of different heights To know to use non-throwing arm to aim towards the target.	Throw different types of equipment underarm and overarm at a target	Throw overarm with control and accuracy Perform a push throw (shot put)	Perform a pull throw (javelin)	Perform and measure the distance of a fling throw (discus)	Perform, measure and record the distance of a push throw, pull and fling throw.
Key Vocabulary	Run, forwards, backwards, sideways, jump, roll, target	Travel, speed, walk, jog, run, sprint, straight, zig-zag, curved, diagonally, jump for height, jump for distance, throw, underarm, overarm, height, aim	Pace, direction, balance, co-ordination, target	Push shot, shot put, accuracy	Accelerate, decelerate, middle distance, long distance, standing long jump, triple jump, pull throw, javelin, relay, baton	Standing start, perform, measure, fling throw, discus	Sprint crouch start, Vertical jump, take off, reaching, height, landing, upsweep, downsweep, high jump, pole vault, long jump and triple jump,