

## Progression in athletics (years 3 – 6)

YEAR 3	YEAR 4	YEAR 5	YEAR 6
I can run at fast, medium and slow speeds.	I can run consistently and smoothly at different speeds.	I can sustain my pace over longer distances, e.g. sprint for 10 seconds, run for one or two minutes.	I can sustain my pace over longer distances, e.g. sprint for 20 seconds, run for one or two minutes.
I can begin to change direction while running.	I can change direction while running.	I know and understand the basic principles of relay take-overs.	I can perform relay take-overs, following the basic principles.
I can take part in a relay, remembering mostly what to do and when.	I can take part in a relay, remembering what to do and when.	I can take part well in a relay event and begin show team spirit.	I can take part well in a relay event and show team spirit.
I can create and complete a short sequence of jumps.	I can complete a long jump and triple jump and begin to show control in my movements.	I can complete a long jump and triple jump showing increased control, consistency and accuracy.	I can complete a long jump and triple jump showing control, consistency and accuracy throughout the jump.
I can use the correct technique to throw the discus.	I can throw the discus with some consistency and accuracy, while using the correct technique.	I can throw the discus with increasing consistency and accuracy, while using the correct technique.	I can throw the discus with greater consistency and accuracy, while using the correct technique.
I can use the correct technique to throw the shot put.	I can begin to throw a shot put with consistency and accuracy.	I can throw a shot put with consistency and accuracy.	I can throw a shot put with greater consistency and accuracy and control.
I can use the correct technique to throw a javelin.	I can begin throw a javelin with consistency and accuracy.	I can throw a javelin with consistency and accuracy.	I can throw a javelin with greater consistency, speed and accuracy.
I am beginning to recognise that there are different styles of running, jumping and throwing and am beginning to choose the correct technique for each one.	I can recognise that there are different styles of running, jumping and throwing, and I am beginning to know that I need to choose the best method and equipment for the challenge set.	I can recognise that there are different styles of running, jumping and throwing, and that I need to choose the best method	I know that there are different styles of running, jumping and throwing, and I can choose the best method and equipment for the challenge set.

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		and equipment for the challenge set.	
I understand why I need to pace my effort in different types of event so that I can keep going steadily and maintain the quality of my action.	I am beginning to pace my effort in different types of event so that I can keep going steadily and maintain the quality of my action.	I can increasingly pace my effort well in different types of event so that I can keep going steadily and maintain the quality of my action.	I can pace my effort well in different types of event so that I can keep going steadily and maintain the quality of my action.
I can say what I like and dislike about my performance and others.	I am beginning to be able to give feedback on my own and other's performances.	I am increasingly able to give feedback on my own and other's performances.	I can give feedback on my own and other's performances.
I can use other people's opinions to help make my performance better.	I am beginning to use constructive criticism to improve my performance.	I am increasingly able to use constructive criticism to improve my performance.	I can use constructive criticism to improve my performance.