

Athletics

Running for speed competition

Running for distance competition

Throwing competition

Jumping competition

Year 6

Respect

Evaluation

Self Motivation

Year 5

Integrity

Resourcefulness

Self Discipline

Reflection

Athletics

Develop running at speed

Exploring our stride pattern

Exploring running at pace

Understand and apply tactics when running for distance

Introduce the Javelin

Standing triple jump

Year 4

Decision Making

Responsibility

Communication

Trust

Year 3

Cooperation

Encouragement

Problem Solving

Resilience

Locomotion: Jumping

Consolidate jumping

Apply jumping into a game

Explore jumping combinations

Develop jumping combinations

Year 2

Courage

Empathy

Self Belief

Concentration

Imagination

Year 1

Gratitude

Curiosity

Fairness

Honesty

Athletics

Finishing a race

Evaluating our performance

Sprinting: My personal best

Relay changeovers

Introduce the Shot Put

Introducing the hurdles

Athletics

Explore running for speed

Explore acceleration

Introduce /develop relay: Running for speed in a team

Throwing: Accuracy vs distance

Standing long jump

Locomotion: Running/Jumping

Explore running

Running for speed: Acceleration

Explore running in a team

Develop jumping

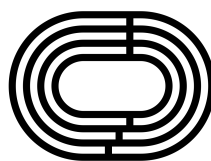
Explore how jumping affects our bodies

EYFS

Locomotion: Walking/Jumping

Explore/develop jumping

Sustain walking



Athletics
Learning Ladder