



Progression Map

Athletics

Assessed through FFT Aspire



Year 3

- Link running and jumping activities with some fluency and consistency.
- Control movements and body actions in response to specific instructions.
- Jump for height and distance with control and balance.
- Run at different speeds according to event and instruction.
- Throw a variety of objects using different recognised throws.
- Throw more accurately and over greater distances.

Year 4

- Show differences between sprinting and running speeds over a variety of distances.
- Throw a variety of objects demonstrating accuracy i.e. object landing in throwing zone.
- Perform a range of jumps with consistency, sometimes approaching jump with a run up.
- Compete in running, jumping and throwing activities and compare their own performance with previous.

Year 5

- Explore a range of baton handling activities and attempt to receive in restricted area.
- Perform a range of jumps in different activities.
- Demonstrate a range of throwing actions using different equipment with some consistency and control.

Year 6

- Demonstrate accuracy and good technique when throwing for distance.
- Show good technique and control for jumping activities.
- Use skill and knowledge of activity to confidently teach and lead others.
- Choose appropriate run up distance as an individual for athletic jumps.
- Use appropriate pace for different running distances.

Vocabulary:

- | | |
|-------------|--------------|
| Pull | Landing |
| Distance | Control |
| Sprint | Preferred |
| Steady pace | Landing foot |
| Accuracy | Time |
| Height | Stamina |
| Record | Obstacles |
| Joints | Stance |
| Rhythm | Diagonal |
| Leading leg | Approach |
| Measure | Speed |
| Underarm | Relay |
| Overarm | |
| Heart beat | |
| Pulse rate | |
| Jogging | |
| Walk | |
| Hurdles | |

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Vocabulary:

- | | |
|-------------|-------------|
| Sprint | Performance |
| Team | Accuracy |
| Distance | Take off |
| Measure | Distance |
| Height | Target |
| Target | Time |
| Pacing | Position |
| Rhythm | Measure |
| Obstacles | Control |
| Leading leg | Height |
| Hurdles | Run up |
| Throwing | Hurdles |
| Speed | |
| Accuracy | |
| Take off | |
| Stamina | |
| Time | |
| Projectory | |
| Release | |

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