

 Athletics Skills Progression	EYFS	Year 1	Year 2
Running skills	Running: explore running and stopping safely.	Running: explore running at different speeds	Running: develop the sprinting action.
Running knowledge	Running: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe	Running: understand that if I swing my arms, it will help me to run faster.	Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.
Jumping skills	Jumping: explore jumping and hopping safely.	Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.	Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height
Jumping knowledge	Jumping: know that bending my knees will help me to land safely.	Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees, it will help me to jump further.	Jumping: know that swinging my arms forwards will help me to jump further.
Throwing skills	Throwing: explore throwing to a target.	Throwing: explore throwing for distance and accuracy.	Throwing: develop overarm throwing for distance.
Throwing knowledge	Throwing: understand that bigger targets are easier to hit.	Throwing: know that stepping forward with my opposite foot to hand will help me to throw further.	Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.
Rules knowledge	Rules: know that rules help us to stay safe	Rules: know that rules help us to play fairly.	Rules: know how to follow simple rules when working with others.