Little Houghton CEVA Primary School Progression Map Subject area: Assessment in Athletics							
Key objective/skill/theme	EYFS	KS1	LKS2	UKS2			
Strength/fitness for athletics	To be able to copy warm up and fitness activities.	To be able to copy warm up and fitness activities and to know its importance. Start to apply some of their own warm up ideas. Know the importance/safety of using the equipment correctly.	To be able to lead a warm up with guidance and to complete a range of fitness/strength activities. To understand the importance of fitness and its roll in sport and everyday life	To be able to lead a warm up and to come up with some of their own suitable fitness exercises.			
Jumping	To be able to jump in an upward motion landing correctly and safely.	Can jump upwards and forward dependent on the instruction. Can take off and land safely with a run up before takeoff. Introduce the principle of points scoring.	Can take off from a marker or line, jumping for distance. To know the components of triple jump. Can complete the sequence not at speed. Understand the differences of Hop, Step, Jump	To be able to complete a long jump working with peers to self-evaluate. Be able to score correctly. Can apply triple jump sequence at speed and with fluency.			
Throwing	Can throw towards a target or within boundaries set.	Can throw for distance, exploring different types of throw. Discuss which throw is best for distance and power. Introduce points scoring. Introduce throwing a Javelin and correct technique for Shot Put.	Can correctly throw the Javelin and Shot Put with distance using correct techniques. Understand the points scoring system.	To complete throwing sequences from start to finish, sometimes adding in run or small spin. To be able to identify examples of good technique.			

Running short	Can run to an end point in a straight line.	To be able to run to an end point in a straight line and at speed. Introduce starting a race with knees bent and body weight forward.	Develop sprint start technique using correct method. To use the correct start technique and transition into a good sprint running style	Use power off the start line then continue run to the finish line using the correct running technique.
Running long	Run around a track not cutting off corners or colliding with other children.	Introduce the principle of not running too quickly with slow deep breaths. Can identify the difference between a sprint race and a middle/long distance race.	To run for a longer period with smaller steps and shoulders relaxed. To be able to evaluate peers running techniques and give constructive feedback.	To be able to pace their long distance run so they can complete the distance. To be able to pace others when running so them and their friends can complete the distance.