**Athletics – Skills Ladder**

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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can begin to run at different speeds | I can run at different speeds with good control | I can change speed & direction while running | I can sprint over a short distance (up to 60m) | I can begin to run over longer distances, learning how to conserve my energy to sustain a good performance | I can run over longer distances, conserving my energy to sustain a good performance | I can choose the best place for running, over a variety of distances |
| I can begin to jump with 2 feet together from a standing position | I can jump with 2 feet together, from a standing position with control | I can jump from a standing position, with 2 feet together with accuracy | I can begin to hop, step & jump from a standing position | I can jump in several ways, using a run up if appropriate | I can begin to control my jump when taking off & landing | I show control in take-off & landing when jumping |
| I can perform a variety of throws & begin to show dominant hand | I can perform a variety of throws with basic control | I can perform a variety of throws with control & coordination | I can use a range of throwing techniques (underarm/overarm) | I can throw with accuracy to hit a target or over a distance | I can throw accurately with a variety of equipment | I can throw accurately & refine performance by analysing technique & body shape |
| I can begin to be aware of the space around me & try to run in a straight line | I am aware of the space around me & can run confidently in a straight line | I can begin to understand how to sprint & jog | I can begin to understand how to travel over a hurdle & practice | I can begin to combine sprinting with low hurdles | I can combine sprinting with low hurdles | I can combine sprinting with high hurdles |
| I can participate in ‘Sports Day’ as an individual | I can participate confidently in ‘Sports Day’, using a variety of equipment as an individual & team | I can participate in ‘Sports Day’, using a variety of equipment, as an individual, or team, with good sportsmanship | I can compete with others | I can compete with others & celebrate everyone’s success | I can compete with each other & keep track of personal best performances | I can compete with others, celebrating everyone’s success & encouraging others |
| I can take turns & celebrate others success | I can begin to understand how to improve personal performance | I understand how to improve personal performances | I can improve personal best performances | I can recognise where & how to improve my personal best performances | I can set targets of improvement for myself | I can keep track of personal best performances, setting challenging targets for improvements |