**Sports Hall Athletics – Skills Ladder**

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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can balance on one leg, on a balance beam for at least 1-5 seconds.  | I can balance on one leg, on a balance beam - 5 - 10 seconds. | I can balance on the balance beam for 10 - 20 seconds. | I can balance on the balance beam for 20 - 30 seconds. | I can balance on the balance beam for 30 - 40 seconds. | I can balance on the balance beam for 40 - 50 seconds. | I can balance on one leg, on the balance bean for 50 – 60 seconds. |
| I can jump over the wedge on the speed bounce, with 2 feet together and complete 1-5 continuous jumps.  | I can jump over the speed bounce wedge, with increasing control, completing 5 - 10 continuous jumps. | I can jump over the wedge with increasing control & accuracy, completing 10 - 15 continuous jumps, with feet together | I can jump with 2 feet together, over the speed bounce wedge, with accuracy & rhythm – completing 15 - 20 continuous speed bounces. | I can jump over the wedge with accuracy & rhythm, beginning to develop speed, completing 20 - 25 continuous speed bounces. | I can jump over the wedge with accuracy, rhythm & speed, completing 25 - 30 continuous speed bounces | I can jump over the wedge with accuracy, rhythm, speed & precision, completing 30 – 40 continuous speed bounces |
| I can hold the med ball with 2 hands, close to my chest & begin to develop the ‘chest push’ by pushing it forward with two hands; 0.50m-1m.  | I can throw the med ball, developing my power behind the chest pass for a distance of 1m – 1.50m | I can throw the med ball, with increasing control, for a distance of 1.50m - 2m. | I can throw the med ball with increasing control for a distance of 2.00m - 2.50m. | I can throw the med ball with developing control for a distance of 2.50 - 3.00m | I can throw the med ball with increasing control & accuracy, using good upper body strength for a distance of 3m - 3.50m | I can throw the med ball, with good control, accuracy & good upper body strength, for a distance of 3.50 – 4m. |
| I can hold & throw the javelin in my dominant hand, throwing it as far as possible; at least 1m  | I can hold the javelin correctly in my dominant hand, throwing 1 - 2m. | I can hold the javelin, position my body correctly & throw: 2 -3m. | I can hold the javelin, position my body correctly and throw with increasing control: 3 - 5m | I can hold the javelin correctly, position my body correctly & throw the javelin with good control: 5 - 6m. | I can hold the javelin, position my body correctly and throw with good control, using powerful, upper body strength: 6 –7m | I can hold the javelin & position my body correctly, throwing with power, good control & accuracy: 8 – 10m. |
| I can begin to jump with 2 feet together & land with 2 feet on the standing long jump mat;0-50m.  | I can begin to use my arms & bend my knees to help me with my long jump – at least 0.50 - 1m. | I can jump with 2 feet together and land on 2 feet, on the standing long jump mat, with accuracy: 1m - 1.50m | I can begin to understand the hop, step & jump as part of the standing triple jump – 0 - 1m | I can complete the standing triple jump with a hop, step & jump & starting to introduce some speed –1m - 1.50m | I can complete the standing triple jump with hop, step & jump, with increasing speed – 1.50 - 2m. | I can complete the standing triple jump, with good accuracy & speed, challenging myself each time: 2 – 2.50m. |
| I can practice each activity to improve & know which one I find the hardest.  | I can jump with 2 feet together & land with 2 feet on the standing long jump mat, with increasing control | I can recognise where I need to improve my scores. | I can listen & understand where I need to improve, when explained to by the teacher. | I can begin to understand my areas for improvement & know how to develop myself further | I understand where I need to improve & begin to practice these, to develop further. | I know which areas I need to improve & practice to develop myself further |