Learning Ladder
Athletics

Year 6

Athletics: Competitions
Apply a refined understanding of running for speed, pacing, throwing and jumping for distance

Respect
Evaluation
Self Motivation

Year 5

Athletics: Competitions
Apply the correct technique for sprinting individually and within a team
Develop hurdling technique
Develop shot put technique

Integrity
Resourcefulness
Self Discipline
Reflection

Year 4

Athletics: Competitions
Apply the correct technique for sprinting
Explore pacing and the correct technique for triple jump and javelin

Decision Making
Responsibility
Communication
Trust

Year 3

Athletics: Competitions
Develop ability to run, jump and throw as fast/far as possible
Explore the most effective techniques

Cooperation
Encouragement
Problem Solving
Resilience

Year 2

Locomotion: Jumping
Consolidate jumping
Apply jumping into a game
Explore and develop jumping combinations

Courage
Empathy
Self Belief
Concentration
Imagination

Year 1

Locomotion: Running/Jumping
Explore running
Running for speed: acceleration
Explore running in a team
Develop jumping
Explore how jumping affects our bodies

Gratitude
Curiosity
Fairness
Honesty

EYFS

Locomotion: Walking /Jumping
Explore/develop jumping
Sustain walking

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