



EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Run at different speeds.</p> <p>Jump from standing position.</p> <p>Perform a variety of throws with basic control.</p> <p>Leap over the small hurdles.</p>	<p>Run at different speeds and for different distances.</p> <p>Jump from standing position with control.</p> <p>Perform a variety of throws with increasing control.</p> <p>Leap over several small hurdles.</p>	<p>Change speed and direction whilst running.</p> <p>Jump from standing position with accuracy.</p> <p>Perform a variety of throws with control and coordination.</p> <p>Leap over several hurdles accurately.</p> <p>Complete an obstacle course with some control.</p>	<p>Begin to run at different speeds appropriate for the distance, using a good technique, e.g sprinting and cross country.</p> <p>Pass the relay baton with control.</p> <p>Perform a running jump with some accuracy.</p> <p>Perform a variety of throws using a selection of equipment, and with improved technique.</p> <p>Leap over hurdles of varying heights and maintain an effective running style.</p> <p>Compete in a mini competition, recording scores.</p>	<p>Begin to build a variety of running techniques and use with confidence.</p> <p>Select and maintain a running pace for different distances.</p> <p>Pass the relay baton with control and accuracy.</p> <p>Perform a running jump with more than one component, e.g hop, skip, jump.</p> <p>Throw safely, with power and increasing accuracy.</p> <p>Demonstrate good athletic performance using correct vocabulary.</p> <p>Utilise all the skills learned in a competitive situation.</p>	<p>Use the correct technique to run at speed.</p> <p>Develop the ability to plan a long distance run in order to pace themselves effectively.</p> <p>Use and apply accurate relay running techniques.</p> <p>Understand which technique is most effective when jumping for distance and with more than one component.</p> <p>Explore different footwork patterns for accurate jumping.</p> <p>Use appropriate techniques/styles to throw with power and accuracy.</p> <p>Utilise all the skills learned in a competitive situation, setting themselves and others targets to aim for.</p>	<p>Investigate running styles and changes of speed in order to run competitively and with confidence.</p> <p>Sustain pace over longer distances.</p> <p>Participate in competitive relay races using accurate techniques.</p> <p>Perform a range of jumps showing power, control and consistency at both take-off and landing.</p> <p>Throw with power, confidence, and accuracy with an effective technique.</p> <p>Demonstrate good techniques in a competitive situation, setting themselves and others targets to aim for, and evaluating performance.</p>