

Athletics Skills

- Master basic movements including running, jumping, and throwing
- I can engage in competitive

	I can statements	Mastery
By the end of Reception	I can change my speed and direction when moving e.g. walking, running etc	
	I can confidently and precisely throw a ball at a target	
	I can catch a moving object when it is thrown towards me	
	I can bat a ball with increasing precision and accuracy	
	ELG Demonstrates strength, balance and co-ordination when playing	
	ELG Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing	
	ELG Is able to negotiate space and obstacles safely, with consideration for themselves and others	
Stage 1	I can run at varying speeds	
	I can run in a competitive situation showing my full ability	
	I can jump from a standing position by bending my knees to drive myself forward	
	I can land safely with knees bent, with control	
	I can throw an object at a target with one hand	Increase distance, differentiated size of target
	I can throw a variety of objects with control using one hand	Using different throwing actions
Stage 2	I can run at varying speeds showing an awareness of distance and type of activity	Good running technique (using arms to propel body, stride length and focus)
	I can change speed and direction whilst running, showing control, co-ordination and flow of movements	
	I can run in a competitive situation, adapting techniques in order to improve (i.e. thinking about how to better their performance and having the attitude to do so)	
	I can use my arms to propel my body forward when jumping, landing accurately	I can take a running jump
	I can demonstrate a range of throwing actions using a variety of objects	Increase distance
	I can show a range of skills when throwing for different reasons (i.e. precision – control and accuracy, distance- power and accuracy)	