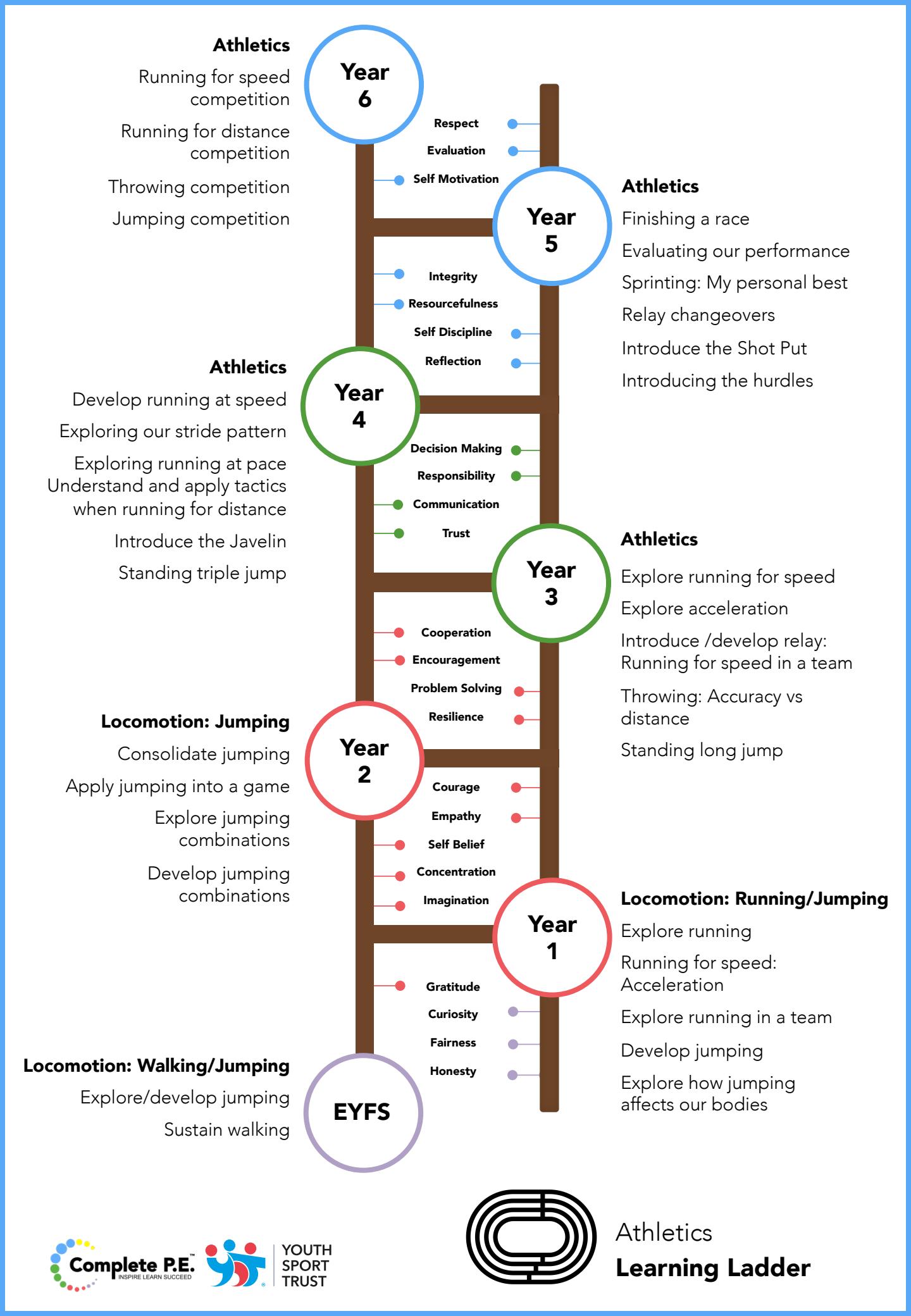

Athletics
Running for speed competition
Running for distance competition
Throwing competition
Jumping competition
Year 6
Respect
Evaluation
Self Motivation
Year 5
Athletics
Finishing a race
Evaluating our performance
Sprinting: My personal best
Relay changeovers
Introduce the Shot Put
Introducing the hurdles
Integrity
Resourcefulness
Self Discipline
Reflection
Athletics
Develop running at speed
Exploring our stride pattern
Exploring running at pace
Understand and apply tactics when running for distance
Introduce the Javelin
Standing triple jump
Year 4
Decision Making
Responsibility
Communication
Trust
Year 3
Athletics
Explore running for speed
Explore acceleration
Introduce /develop relay: Running for speed in a team
Throwing: Accuracy vs distance
Standing long jump
Cooperation
Encouragement
Problem Solving
Resilience
Locomotion: Jumping
Consolidate jumping
Apply jumping into a game
Explore jumping combinations
Develop jumping combinations
Year 2
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
Locomotion: Walking/Jumping
Explore/develop jumping
Sustain walking
EYFS
Complete P.E.
INSPIRE LEARN SUCCEED
YOUTH SPORT TRUST
Athletics
Learning Ladder