




## Head, Hand and Heart Progression

This EYFS athletics unit introduces pupils to the foundational movement skills of running, jumping, and throwing through fun, engaging, and age-appropriate activities. Children will explore how their bodies move in different ways and begin to develop control, coordination, and confidence in basic athletic movements.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>N - What a good position of readiness looks like</p> <p>R - That I need to be focused and avoid distractions</p>	<p>N - To land with really soft knees</p> <p>R - To use my arms to help power me forward when jumping</p>	<p>N- How to stand to throw overarm</p> <p>R - The importance of my non throwing arm</p>	<p>N - How to stay focused on my own performance when running in a lane</p> <p>R - Why it is important to dip at the finish</p>	<p>N - Which parts of my body are really important when jumping high</p> <p>R - How to coordinate a scissor/ninja kick</p>	<p>N - How to grip a frisbee</p> <p>R - That I need to throw from a side- on position</p>
	<p>N - Share space and run with my head up</p> <p>R - React quickly</p>	<p>N - Jump, 1 foot to 2 feet and 2 feet to 2 feet</p> <p>R - Coordinate a run with a jump</p>	<p>N - Throw accurately</p> <p>R - Throw with one/two hands (different objects)</p>	<p>N - Run efficiently and within a lane</p> <p>R - Dip for the finish</p>	<p>N - Jump for height</p> <p>R - Time my take - off to clear an obstacle</p>	<p>N - Throw for distance</p> <p>R - Throw with good technique</p>
	<p>School Value</p> <p><b>WOW Word</b> N - Space R - Reaction</p>	<p>School Value</p> <p><b>WOW Word</b> N - Jump R - Power</p>	<p>School Value</p> <p><b>WOW Word</b> N - Throw R - Heave</p>	<p>School Value</p> <p><b>WOW Word</b> N - Lane R - Dip finish</p>	<p>School Value</p> <p><b>WOW Word</b> N - Swing arms R - Scissor Kick</p>	<p>School Value</p> <p><b>WOW Word</b> N - Fling R - Sling</p>

This document shows the progression of knowledge (Head), skills (Hand) and the development of a child's characteristics (Heart) each week throughout the unit.

# Athletics 2




## Head, Hand and Heart Progression



Year 1 / Year 2






In this KS1 athletics unit, pupils build upon early movement experiences to further develop the fundamental athletic skills of running, jumping, and throwing. Through structured, active, and enjoyable lessons, children will explore how to move with control, speed, and coordination. The unit encourages pupils to practise and improve their technique in a range of basic athletic activities while learning how to participate safely and cooperatively. The focus is on personal improvement, effort, and the joy of being active.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>Y1 - To retain my focus</p> <p>Y2 - The importance of a good start</p>	<p>Y1 - To cushion my knees when landing</p> <p>Y2 - The technique for different types of jump</p>	<p>Y1 - How to improve my technique to increase the height and distance of my jumps</p> <p>Y2 - The difference between a leap and a jump</p>	<p>Y1 - How to increase the distance of my jumps</p> <p>Y2 - Why is it important to warm up</p>	<p>Y1 - How to keep others safe when I am throwing</p> <p>Y2 - How to increase the distance of my throws</p>	<p>Y1 - How to share equipment and take turns</p> <p>Y2 - To demonstrate the school games values</p>
	<p>Y1 - Show a sense of anticipation to begin work</p> <p>Y2 - Demonstrate agility, balance and coordination</p>	<p>Y1 - Jump in a variety of ways</p> <p>Y2 - Coordinate a run with a jump</p>	<p>Y1 - Discover and develop different styles of jumping</p> <p>Y2 - Leap, jump and hop</p>	<p>Y1 - Jump in a variety of ways competently</p> <p>Y2 - Add a short run up to my jump</p>	<p>Y1 - Throw with good technique</p> <p>Y2 - Throw with a run up</p>	<p>Y1 - Help a friend improve</p> <p>Y2 - Demonstrate a range of jumping, throwing and running techniques</p>
	<p>School Value</p> <p><b>WOW Word</b></p> <p>1 - Focused</p> <p>2 - Feet position</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>1 - Take off foot</p> <p>2 - Link (skills)</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>1 - Soft knees</p> <p>2 - Arm Swing</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>1 - Increase</p> <p>2 - Approach</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>1 - Grip/Stance</p> <p>2 - Push/Pull</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>1 - Demonstration</p> <p>2 - Feedback</p>

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This unit focuses on developing key athletic skills in running, jumping, and throwing through structured activities that challenge pupils to improve technique, consistency, and performance. Children will learn how to use their bodies efficiently in a range of athletic events and will begin to understand how to measure and evaluate their own performance. The unit introduces more specific techniques (e.g. sprinting with drive, jumping with a controlled landing, and throwing for distance or accuracy) while promoting teamwork, fair play, and resilience.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<ul style="list-style-type: none"> <li>How to start a sprint race (Year 3)</li> <li>The importance of keeping my first few metres low and powerful (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>Which my take-off foot is (Year 3)</li> <li>The technique associated with hurdling (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>That my furthest landing point backwards, in long jump and triple jump, is the point measured in competition (Year 3)</li> <li>To run in an arc and to approach the bar sideways on when high jumping (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>To position my body sideways-on when throwing (Year 3)</li> <li>The 'pull' technique in throwing (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>How to remember the technique for triple jump (Year 3)</li> <li>How to receive and transfer a baton safely (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>How to measure my own and others' performances (Year 3)</li> <li>I can improve on personal bests (Year 4)</li> </ul>
	<ul style="list-style-type: none"> <li>Use the correct technique to start a sprint race (Year 3)</li> <li>Develop my coordination to improve my speed (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>Hurdle efficiently and consistently (Year 3)</li> <li>Sprint between hurdles (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>Develop the technique and consistency of my jumps (Year 3)</li> <li>Jump consistently off the same foot (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>Throw overarm accurately (Year 3)</li> <li>Throw overarm with power, for distance (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>Accurately replicate the technique for running, jumping and throwing events (Year 3)</li> <li>Run a relay efficiently as part of a team (Year 4)</li> </ul>	<ul style="list-style-type: none"> <li>Replicate the techniques for running, jumping and throwing events in competitive situations (Year 3)</li> <li>Challenge myself to beat previous performances (Year 4)</li> </ul>
	<p>School Value</p> <p><b>WOW Word</b> 3 - Start position 4 - Arm swings</p>	<p>School Value</p> <p><b>WOW Word</b> 3 - Take off 4 - Trail leg</p>	<p>School Value</p> <p><b>WOW Word</b> 3 - Measuring 4 - Curved approach</p>	<p>School Value</p> <p><b>WOW Word</b> 3 - Shot Putt 4 - Javelin</p>	<p>School Value</p> <p><b>WOW Word</b> 3 - R,R,L together 4 - Legs of a relay</p>	<p>School Value</p> <p><b>WOW Word</b> 3 - Recording 4 - Personal Best</p>

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# Athletics 4

## Head, Hand and Heart Progression



Year 5 / Year 6



This unit provides Year 5 and 6 pupils with opportunities to develop and refine advanced skills in running, jumping, and throwing, with an emphasis on technique, consistency, and performance. Pupils will take part in a variety of athletic events, both individually and in teams, learning how to apply tactics, evaluate their own and others' performances, and strive for personal improvement. The unit promotes resilience, self-motivation, and sportsmanship as pupils engage in competitive and cooperative activities that prepare them for sports day and wider physical activity.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<ul style="list-style-type: none"> <li>How to control my running over middle distance (Year 5)</li> <li>How running a bend differs from running a straight (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>To get sideways on when throwing (Year 5)</li> <li>How to use my non-throwing arm to help me throw (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>How to throw a shot using 'clean palm, dirty neck' technique (Year 5)</li> <li>How to generate power from the thighs (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>The technique 'same, different, both' for triple jump (Year 5)</li> <li>How to approach the bar from an arced run up when high jumping (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>My take-off foot and lead leg (Year 5)</li> <li>How to hurdle efficiently (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>What a downward/upward sweep is (Year 5)</li> <li>How to position myself to receive a baton (Year 6)</li> </ul>
	<ul style="list-style-type: none"> <li>Change pace and run at different tempos (Year 5)</li> <li>Sustain my pace over longer distances (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>Throw with accuracy and power using the pull technique (Year 5)</li> <li>Throw after a run up (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>Throw with greater control, accuracy and efficiency (Year 5)</li> <li>Throw with greater force and over longer distances (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>Perform correct techniques for triple jump, high jump and standing vertical jump (Year 5)</li> <li>Measure accurately my performance at standing vertical jumping (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>Hurdle correctly using lead/trail leg (Year 5)</li> <li>Try to maintain speed in between hurdles by staying low (Year 6)</li> </ul>	<ul style="list-style-type: none"> <li>Transfer a relay baton efficiently using downward sweep technique (Year 5)</li> <li>Prompt your teammates with 'Hands, Take' command (Year 6)</li> </ul>
	<p>School Value</p> <p><b>WOW Word</b></p> <p>5 - Middle distance</p> <p>6 - Pacing</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>5 - V Grip</p> <p>6 - Two step approach</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>5 - Clean Palm/Dirty neck</p> <p>6 - Power</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>5 - Hop, Step, Jump</p> <p>6 - Vertical Jump</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>5 - Body Position</p> <p>6 - Steps</p>	<p>School Value</p> <p><b>WOW Word</b></p> <p>5 - Transfer</p> <p>6 - Communication</p>

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