

Athletics Skills Map

SKILLS: Run, Jump, Throw, Relay

	Running
Year 1	<p>Run (Sprint)</p> <ul style="list-style-type: none"> - Eyes forward, arms swinging (hips to lips), high knees/ long stride <p>Starting position</p> <p>Standing start</p> <ul style="list-style-type: none"> - One foot forward, knees bent, on toes/ weight forward, arms ready to (cut carrots)
Year 2	<p>Run (Sprint)</p> <ul style="list-style-type: none"> - Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/ long stride - Head down, driving legs at the start (first 3-5 steps) until upright <p>Starting position</p> <p>Standing start</p> <ul style="list-style-type: none"> - Both feet facing forward (one forward, one back), weight forward, on toes, arms ready
Year 3	<p>Run (Sprint)</p> <ul style="list-style-type: none"> - Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/ long stride - Head down, driving legs at the start (first 3-5 steps) until upright - Dip head at finish <p>Starting position</p> <ul style="list-style-type: none"> - Crouched start - Hands placed in line with toes of front foot, back foot on toes (heel up) - Back knee comes off ground before whistle/ go
Year 4	<p>Run (Sprint)</p> <ul style="list-style-type: none"> - Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/ long stride - Dip head at finish <p>Starting position</p> <p>Crouched start</p> <ul style="list-style-type: none"> - Hands placed in line with toes of front foot. Hands create a V with index finger and thumb (fingers pointing out) - back foot on toes (heel up) - Back knee comes off ground before whistle/ go - Head down, driving legs at the start (first 3-5 steps) until upright
Year 5/6	<p>Run (Sprint)</p> <ul style="list-style-type: none"> - Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/ long stride - Dip head at finish <p>Starting position</p> <p>Crouched start</p> <ul style="list-style-type: none"> - Hands placed in line with toes of front foot. Hands create a V with index finger and thumb (fingers pointing out) - back foot on toes (heel up) - Back knee comes off ground before whistle/ go - Head down, driving legs at the start (first 3-5 steps) until upright

	<p>Run (long distance) Long even strides, even pace, lean into bend Decide: when you are going to speed up/ try and get away from competitors</p>
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	<p>Jump</p>
Year 1	<p>Standing long jump</p> <ul style="list-style-type: none"> - Knees bent. - Arms swinging forward - Jump during upward swing of arms
Year 2	<p>Standing long jump</p> <ul style="list-style-type: none"> - Knees bent, explode up and away - Arms swinging forward - Jump during upward swing of arms - Weight forward
Year 3	<p>Standing long jump</p> <ul style="list-style-type: none"> - Knees bent, explode up and away - Arms swinging forward - Jump during upward swing of arms - Weight forward - Drive feet forward just before landing and push arms forward (reach forwards)
Year 4	<p>Running long jump</p> <ul style="list-style-type: none"> - Long bounding steps on run in - At point of take-off slight bend in jumping leg (load up) and explode up and away (jump off strongest leg) - Swing arms forward and up on take off - Weight forward - Drive feet forward just before landing and push arms forward (reach forwards)
Year 5/6	<p>Running long jump</p> <ul style="list-style-type: none"> - Long bounding steps on run in (measure run up before jumping) - At point of take-off slight bend in jumping leg (load up) and explode up and away (jump off strongest leg) - Swing arms forward and up on take off - Weight forward - Drive feet forward just before landing and push arms forward (reach forwards) <p>Triple Jump (hop – step – jump)</p> <ul style="list-style-type: none"> - Hop – same leg. i.e. left leg to left leg - Step one foot to the other (extend step out as far as possible) jump from one leg to the other. - Jump. Biggest jump out onto two feet (as per the long jump)

	<p>Throw</p>
Year 1	<ul style="list-style-type: none"> - Ball in strongest hand - Draw back hand (with ball in) - Point up (Usain bolt) - Release high and extend arm all the way (follow the pointing hand)

Year 2	<ul style="list-style-type: none"> - Sideways body position to start, weakest foot forward - Ball in strongest hand - Lean back, draw throwing hand back (weak hand pointing up – like Usain Bolt) - Release high and extend arm all the way (follow the pointing hand)
Year 3	<ul style="list-style-type: none"> - Sideways body position to start, weakest foot forward - Ball in strongest hand - Lean back, draw throwing hand back (weak hand pointing up – like Usain Bolt) - Release high and extend arm all the way up and out, following through (follow the pointing hand)
Year 4	<ul style="list-style-type: none"> - Sideways body position to start, weakest foot forward - Crouch down (coil position) twisting back at hips arms ready to swing around and up - Release high and extend arm all the way up and out, following through (follow the pointing hand)
Year 5/6	<p>Shot Putt</p> <ul style="list-style-type: none"> - Sideways body position to start, weakest foot forward - Crouch down (coil position) twisting back at hips arms ready to swing around and up - Release high and extend arm all the way up and out, following through (follow the pointing hand) <p>Javelin</p> <ul style="list-style-type: none"> - Start standing side on to throwing area, head pointing forward - Draw javelin back (straight arm, drawn back across the front of the body) - Long quick steps forward - Just prior to release draw back and throw forward and up

	Relay
Year 1	<p>Runner</p> <ul style="list-style-type: none"> - Run straight - On change over hold baton/ quoit out in front for next runner <p>Receiving the baton</p> <p>Hold hand in front (show target for runner to put baton into)</p> <p>Slow down when coming up to change over</p>
Year 2	<p>Runner</p> <ul style="list-style-type: none"> - Run straight - On change over hold baton/ quoit out in front for next runner <p>Receiving the baton</p> <ul style="list-style-type: none"> - Hold hand in front (show target for runner to put baton into) - Slow down when coming up to change over
Year 3	<p>Change over</p> <ul style="list-style-type: none"> - Arm extended backwards (receiving hand palm down) - Begin to move forward as runner approaches the changeover area
Year 4	<p>Change over</p> <ul style="list-style-type: none"> - Arm extended backwards (receiving hand palm down) pull the baton from the runner (runner should push the baton up into the next persons hand) <p>Begin to move forward as runner approaches the changeover area, aiming to receive the baton running</p> <ul style="list-style-type: none"> - Eyes forward
Year 5/6	Change over

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| | <ul style="list-style-type: none">- Start at the end of the changeover area closest to the start line- Begin running when approaching sprinter is within 5m (this will vary depending on speed of runners) on change over you should be up to $\frac{3}{4}$ speed- Aim to receive the baton between mid-point and end of change over area.- Arm extended backwards (receiving hand palm down) pull the baton from the runner taking baton into running stride(runner should push the baton up into the next persons hand)
Eyes forward |
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