

Athletics Vocabulary Progression



Year R

- March
- Quick
- Run
- Jump
- Walk
- Throw
- Hop



Year 1

- Throw
- Race
- Jump
- Personal Best
- FAST
- Control
- Safe
- Mini Coaches



Year 2

- Speed
- Accuracy
- Competition
- Challenge
- Personal Best
- Distance
- Measure



Year 3

- Focus
- Accelerate
- Triple Jump
- Relay
- Improve
- Shot put
- Power
- Hurdle



Year 4

- Technique
- Triple Jump
- Compete
- Change Over
- Baton
- Short Distance



Year 5

- Evaluate
- React
- Collaborate
- Pace
- Peer Assess
- Feedback



Year 6

- Long distance
- Compete
- Sprint start
- Stride
- Gracious
- Leader