# Athletics Skills Map

**SKILLS: Run, Jump, Throw, Relay**

<table>
<thead>
<tr>
<th>Year</th>
<th>Running</th>
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</thead>
<tbody>
<tr>
<td><strong>Year 1</strong></td>
<td><strong>Run (Sprint)</strong>&lt;br&gt;- Eyes forward, arms swinging (hips to lips), high knees/long stride&lt;br&gt;<strong>Starting position</strong>&lt;br&gt;Standing start&lt;br&gt;- One foot forward, knees bent, on toes/weight forward, arms ready to (cut carrots)</td>
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<tr>
<td><strong>Year 2</strong></td>
<td><strong>Run (Sprint)</strong>&lt;br&gt;- Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/long stride&lt;br&gt;- Head down, driving legs at the start (first 3-5 steps) until upright&lt;br&gt;<strong>Starting position</strong>&lt;br&gt;Standing start&lt;br&gt;- Both feet facing forward (one forward, one back), weight forward, on toes, arms ready</td>
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<tr>
<td><strong>Year 3</strong></td>
<td><strong>Run (Sprint)</strong>&lt;br&gt;- Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/long stride&lt;br&gt;- Head down, driving legs at the start (first 3-5 steps) until upright&lt;br&gt;- Dip head at finish&lt;br&gt;<strong>Starting position</strong>&lt;br&gt;- Crouched start&lt;br&gt;- Hands placed in line with toes of front foot, back foot on toes (heel up)&lt;br&gt;- Back knee comes off ground before whistle/go</td>
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<tr>
<td><strong>Year 4</strong></td>
<td><strong>Run (Sprint)</strong>&lt;br&gt;- Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/long stride&lt;br&gt;- Dip head at finish&lt;br&gt;<strong>Starting position</strong>&lt;br&gt;Crouched start&lt;br&gt;- Hands placed in line with toes of front foot. Hands create a V with index finger and thumb (fingers pointing out)&lt;br&gt;- back foot on toes (heel up)&lt;br&gt;- Back knee comes off ground before whistle/go&lt;br&gt;- Head down, driving legs at the start (first 3-5 steps) until upright</td>
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<tr>
<td><strong>Year 5/6</strong></td>
<td><strong>Run (Sprint)</strong>&lt;br&gt;- Eyes forward focusing on point in front past the finish line, arms swinging (hips to lips), high knees/long stride&lt;br&gt;- Dip head at finish&lt;br&gt;<strong>Starting position</strong>&lt;br&gt;Crouched start&lt;br&gt;- Hands placed in line with toes of front foot. Hands create a V with index finger and thumb (fingers pointing out)&lt;br&gt;- back foot on toes (heel up)&lt;br&gt;- Back knee comes off ground before whistle/go&lt;br&gt;- Head down, driving legs at the start (first 3-5 steps) until upright</td>
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### 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

### Jump

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<tr>
<th>Year</th>
<th>Activity</th>
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</table>
| Year 1 | Standing long jump      | - Knees bent.  
- Arms swinging forward  
- Jump during upward swing of arms                                         |
| Year 2 | Standing long jump      | - Knees bent, explode up and away  
- Arms swinging forward  
- Jump during upward swing of arms  
- Weight forward |
| Year 3 | Standing long jump      | - 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 | Running long jump       | - 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| Running long jump       | - 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) |
|        | Triple Jump (hop – step – jump) | - 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) |

### Throw

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<th>Year 1</th>
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<tr>
<td></td>
<td>Ball in strongest hand</td>
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<tr>
<td></td>
<td>Draw back hand (with ball in)</td>
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<tr>
<td></td>
<td>Point up (Usain bolt)</td>
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<tr>
<td></td>
<td>Release high and extend arm all the way (follow the pointing hand)</td>
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</table>
| Year 2 | 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 | 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 | 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 | **Shot Put**  
- 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)  
**Javelin**  
- 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 | **Runner**  
- Run straight  
- On change over hold baton/ quoit out in front for next runner  
**Receiving the baton**  
Hold hand in front (show target for runner to put baton into)  
Slow down when coming up to change over |
| Year 1 | **Runner**  
- Run straight  
- On change over hold baton/ quoit out in front for next runner  
**Receiving the baton**  
- Hold hand in front (show target for runner to put baton into)  
- Slow down when coming up to change over |
| Year 2 | **Change over**  
- Arm extended backwards (receiving hand palm down)  
- Begin to move forward as runner approaches the changeover area |
| Year 3 | **Change over**  
- Arm extended backwards (receiving hand palm down) pull the baton from the runner (runner should push the baton up into the next persons hand)  
Begin to move forward as runner approaches the changeover area, aiming to receive the baton running  
- Eyes forward |
| Year 4 | **Change over**  
- Arm extended backwards (receiving hand palm down) pull the baton from the runner (runner should push the baton up into the next persons hand)  
Begin to move forward as runner approaches the changeover area, aiming to receive the baton running  
- Eyes forward |
| Year 5/6 | **Change over** |
- 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 ¾ 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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