



Name: _____

Year Group: _____

Beginning 1:

- Run at different speeds.
- Take part in a relay activity with guidance.
- Jump into and out of areas from a standing position.
- Throw a variety of objects, using a small range of techniques.
- Recognise when their temperature has changed.

Within 1:

- Run at fast and slow speeds, changing direction.
- Link running and jumping activities with some fluency, control and consistency.
- Make up and repeat a short sequence of linked jumps.
- Take part in a relay activity.
- Throw a variety of objects, changing their action for distance.
- Recognise when their heart rate and temperature have changed.

Secure 1/Exceeding:

- Show greater difference between slow and fast speeds.
- Start at a slower pace for a longer distance.
- Make up and teach others a short sequence of linked jumps.
- Throw accurately and greater distances.
- Show control and accuracy when throwing objects into targets from increasing distances.
- Identify the changes that take place after exercise, and describe how their bodies will react when running.
- Jumping and throwing.

Notes:

Working at/date assessed: