



Name: _____

Year Group: _____

Beginning 2:

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

Within 2:

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

Secure 2/Exceeding:

- Show greater difference between slow and fast speeds.
- Start at a medium pace for a longer distance.
- Make up and teach others a sequence of linked jumps.
- Throw accurately and greater distances.
- Show consistency, 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: