



Name: \_\_\_\_\_

Year Group: \_\_\_\_\_

**Beginning 3:**

- Demonstrate running, jumping and throwing skills in simple challenges.
- Show some control when using a small range of basic running, jumping and throwing actions.
- Co-operate when working in small groups to meet challenges.
- Recognise the different parts of a warm up and join in.
- Recognise when their body is warmer or cooler and when their heart beats faster or slower.
- Recognise different athletic techniques.

**Within 3:**

- Understand and demonstrate the difference between sprinting and running.
- Know and demonstrate some throwing techniques.
- Throw with some accuracy and power into a target area.
- Perform a range of jumps, showing consistent techniques and sometimes using a short run up.
- Play different roles in small groups.
- Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up.
- Compare and contrast performances using appropriate language.

**Secure 3/Exceeding:**

- Demonstrate good technique, fluency of movement, accuracy and consistency in a wide range of running, jumping and throwing.
- Actions and challenges.
- Organise small groups safely.
- Predict how different activities will affect their heart rate and temperature.
- Explain why particular activities are used in a warm up.
- Suggest how performances could be improved, using given criteria.

Notes:

Working at/date assessed: