



Name: _____

Year Group: _____

Beginning 4:

- Demonstrate good running, jumping and throwing skills.
- Show 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 well.
- Recognise when their body is warmer or cooler and when their heart beats faster or slower.
- Recognise and describe different athletic techniques.

Within 4:

- Understand and demonstrate the difference between sprinting and running for sustained periods.
- Know and demonstrate a range of throwing techniques.
- Throw with some accuracy into a target area.
- Perform a range of jumps, showing consistent techniques and sometimes using a short run up.
- Play different roles in 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 4/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, making sure that all members have roles to play.
- Predict how different activities will affect their heart rate and temperature.
- Explain why particular activities are used in a warm up and suggest other suitable activities.
- Suggest how performances could be improved, using given criteria.

Notes:

Working at/date assessed: