



Name: _____

Year Group: _____

Beginning 5:

- Understand and demonstrate the difference between sprinting and distance running.
- Sustain their pace and effort for short periods of time.
- Demonstrate a range of throwing actions using modified equipment, with some accuracy and control.
- Demonstrate a range of simpler jumping skills in different activities.
- Identify activities that need more power or stamina.
- With guidance, take different roles.
- Explain some of the similarities and differences between throws and jumps.

Within 5:

- Choose the best pace for a running event, so that they can sustain their running and improve on a personal target.
- Show control at take-off in jumping activities.
- Show accuracy and good technique when throwing for distance.
- Organise and manage an athletic event well.
- Understand how stamina and power help people to perform well in different athletic activities.
- Identify good athletic performance and explain why it is good, using agreed criteria.

Secure 5/Exceeding:

- Show good control, speed, strength and stamina when running, jumping and throwing.
- Adapt their skills and techniques to different challenges and equipment.
- Use good technique.
- Pace their effort well.
- Know the rules.
- Organise and judge events and challenges well.
- Identify activities that help develop stamina or power and suggest how some can be used when warming up.
- Pick out the important features of a performance.
- Make good suggestions about what could be improved.

Notes:

Working at/date assessed: