



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

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

**Beginning 6:**

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

**Within 6:**

- Choose the best pace for a running event, so that they can sustain their running and improve on a personal target.
- Show control 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 a range of athletic activities.
- Identify good athletic performance and explain why it is good, using agreed criteria.

**Secure 6/Exceeding:**

- Show very 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 and show that in their practise.
- Organise and judge events and challenges well.
- Identify activities that help develop stamina or power and suggest how some can be used in other athletic activities.
- Pick out the important features of a performance and evaluate.
- Make productive suggestions about what could be improved.

Notes:

Working at/date assessed: