

Athletics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can change speed & direction whilst running	I can pace my speed to suit the distance I am running	I can run with the correct technique and alter it to suit the distance I am running	I can improve and sustain my running technique in different events and distances	I can show good control, speed & stamina in different distances with the correct technique	I can advance different aspects of my running technique for different distances
I can jump in a range of ways	I can jump and begin to look at how this changes for height and distance	I can explore and carry out the different jumping techniques for distance, speed & height	I can demonstrate the correct technique in the different jumping events	I can alter and develop my technique in different jumping events	I can focus and fine-tune the various parts of my technique in different jumping events
I can throw in different styles for distance and accuracy	I can begin to learn the techniques involved in athletics throwing events	I can throw using the correct technique for different events	I can throw with the correct technique and begin to add distance and power to throws	I can perform with power, accuracy and technique in different throwing events	I can advance my throws through analysing and continued practice
I can recognise changes in the body during exercise	I can recognise a change in temperature & heart rate during exercise	I can recognise a change in heart rate, temperature and breathing rate	I can describe the changes in my body when running, jumping & throwing	I understand & can explain the short & long-term effects of exercise, and I understand the need for specific warm up & cool downs	I can describe a healthy lifestyle and explain the importance of this. I can safely lead a warm-up & cool down
I can comment on my own and others' performance	I can describe and compare my own and others' performances	I can analyse my own and others' performances and suggest ways to improve	I can evaluate my own and others' performance and act as a coach to improve this	I can analyse performances, focusing on both the positive and know how areas can be advanced	I can coach my peers and take on different learning roles during different parts of the lesson



Knowledge



Spark



Humanity



Grit



Team