

Student Name:		Graders Name:	
School Name:		Class Name / No:	Class Teacher/s:
			School Term:
	Learning Outcomes:		Grade:
WEEK 1:	🕒 "I CAN understand sprinting."		
	🕒 "I CAN pump arms and bend knees for more speed."		
	🕒 "I CAN keep my body in close for more speed."		
	Learning Outcomes:		Grade:
WEEK 2:	🕒 "I CAN understand long distance running."		
	🕒 "I CAN use breathing techniques to jog further and for longer."		
	🕒 "I CAN start slow and use gradual speed."		
	Learning Outcomes:		Grade:
WEEK 3:	🕒 "I CAN throw with one hand and with two hands."		
	🕒 "I CAN under arm and over arm throw."		
	🕒 "I CAN use appropriate techniques and power to throw."		
	Learning Outcomes:		Grade:
WEEK 4:	🕒 "I CAN develop balance and agility."		
	🕒 "I CAN jump off one foot and two feet."		
	🕒 "I CAN use appropriate techniques, power and landing skills."		
	Learning Outcomes:		Grade:
WEEK 5:	🕒 "I CAN watch/compare/improve own & others performances."		
	🕒 "I CAN practice different athletic events."		
	🕒 "I CAN understand how stamina and power help people perform well in different athletic activities."		
	Learning Outcomes:		Grade:
WEEK 6:	🕒 "I CAN understand how stamina and power help people perform well in different athletic activities."		
	🕒 "I CAN watch/compare/improve own & others performances."		
	🕒 "I CAN practice different athletic events."		

Grade 1: Exceptions	Working towards the expected level of attainment.	★
Grade 2: Expected	Working within the expected level of attainment.	★★
Grade 3: Exceeding	Working beyond the expected level of attainment.	★★★

