

Student Name:		Graders Name:	
School Name:		Class Name / No:	School Term:
Class Teacher/s:			
WEEK 1:	Learning Outcomes:		Grade:
	🕒 "I CAN understand sprinting techniques."		
	🕒 "I CAN understand pumping arms and bending knees creates more force and speed."		
WEEK 2:	Learning Outcomes:		Grade:
	🕒 "I CAN understand long distance running techniques."		
	🕒 "I CAN use breathing techniques to aid performance."		
WEEK 3:	Learning Outcomes:		Grade:
	🕒 "I CAN understand keeping body close in creates less wind resistance therefore creating more speed."		
	🕒 "I CAN understand the benefits of pace and gradual speed increase to aid performance."		
WEEK 4:	Learning Outcomes:		Grade:
	🕒 "I CAN throw with one hand and with two hands."		
	🕒 "I CAN use techniques of under arm and over arm throwing."		
WEEK 5:	Learning Outcomes:		Grade:
	🕒 "I CAN use appropriate techniques and power to throw over varied distances with purpose and accuracy."		
	🕒 "I CAN develop balance and agility."		
WEEK 6:	Learning Outcomes:		Grade:
	🕒 "I CAN use techniques of jumping off one foot and two feet."		
	🕒 "I CAN use appropriate techniques, power and landing skills to jump over varied distances with purpose and accuracy."		
WEEK 7:	Learning Outcomes:		Grade:
	🕒 "I CAN measure/compare/identify/improve own & others performances."		
	🕒 "I CAN practice and perform in different athletic events."		
WEEK 8:	Learning Outcomes:		Grade:
	🕒 "I CAN understand how stamina and power help people perform well in different athletic activities."		
	🕒 "I CAN measure/compare/identify/improve own & others performances."		
WEEK 9:	Learning Outcomes:		Grade:
	🕒 "I CAN practice and perform in different athletic events."		
	🕒 "I CAN understand how stamina and power help people perform well in different athletic activities."		

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.	★★★

