

	Year 1/2:	Year 3/4:	Year 5/6:
Running	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to run for one minute. 2) Show differences in running at speed and jogging. 3) Learn to use different techniques to meet challenges. 4) Learn to describe different ways of running. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to run smoothly at different speeds. 2) Be able to choose different styles of running for different distances. 3) Be able to pace and sustain their effort over longer distances. 4) Be able to watch and describe specific aspects of running (e.g. what arms and legs are doing). 5) Be able to recognise and record how the body works in different types of challenges over different distances. 6) Be able to carry out stretching and warm up safely. 7) Be able set realistic targets of times to achieve over a short and longer distance (with guidance). 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to sustain pace over a longer distance (2 minutes). 2) Be able to perform relay change-overs). 3) Be able to identify the main strengths of a performance of themselves and others. 4) Be able to identify parts of the performance that needs to be improved. 5) Be able to perform a range of warm up exercises specific to running for short and longer distances. 6) Be able to explain how warm up affects performance. 7) Be able explain why athletics can help stamina & strength. 8) Be able set realistic targets of times to achieve over a short and longer distance.
Jumping	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to perform the 5 basic jumps (2-2, 2-1, 1-2, 1-1 same foot, 1-1 other foot). 2) Be able to perform combinations. 3) Be able to show control during take-off & landing. 4) Be able to describe different ways of jumping. 5) Be able to explain what is successful or how to improve. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Practice selecting appropriate equipment to solve problems. 2) Practice selecting appropriate routes to solve problems. 3) Practice selecting appropriate people to solve problems. 4) Practice choosing effective strategies, and changing ideas if things aren't working. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to demonstrate a range of jumps showing power and control and consistency during take-off and landing. 2) Be able set realistic targets of distance or height to achieve.
Throwing	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able throw into targets. 2) Be able to perform a range of throwing actions (e.g. rolling, underarm, overarm). 3) Be able to describe different ways of throwing. 4) Be able to explain what is successful or how to improve. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to explore different styles of throwing (e.g. pulling, pushing and slinging). 2) Be able to throw with control. 3) Be able to consistently hit a target with a range of equipment. 4) Be able to watch and describe specific aspects of throwing (e.g. what arms and legs are doing). 5) Be able to set realistic targets and goals, for themselves, when throwing over and increasing distance and understand that some equipment will travel further than others (with guidance). 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging actions with foam javelins, shot put's and discus'. 2) Be able to organise small groups to SAFELY take turns when throwing and retrieving equipment. 3) Be able to set realistic targets & goals, for themselves, when throwing over and increasing distance and understand that some equipment will travel further than others.

