

Year 3/4 Athletic Activities Core Task Furthest Five, Take Aim, Pass the Baton

Assessment and Pupil Progress

Perform a pull throw

Run fast

Perform a sling throw

Jump 2 feet to 2 feet

Run at different paces

Perform a sprint start

Combine 3 different jumps

Pass a quoit/baton to a teammate successfully

Perform a hop, step and jump

Perform 5 different jumps

Select appropriate equipment in a throwing type event

Evaluate their own and other performances

Compare their performances with previous ones to improve their personal best.

Year 5/6 Athletic Activities Core Task Run, Jump, Throw

Assessment and Pupil Progress

Take off and land one foot to one foot (same foot)

Take off and land one foot to opposite foot

Perform a pull throw

Run over a longer distance at an appropriate pace

Perform a sprint start

Take off on one foot and on two

Perform a push throw

Run fast

Take off and land using a combination of jumps

Perform a sling throw

Take off and land using a hop, step and jump

Perform a heave throw

Use different running techniques and speeds for different events

Evaluate their own and others performances

Compare their performances with previous ones to improve their personal best.