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|  | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Skills | I can do a standing long jump with some success.  I can throw a ball using a chest pass.  I understand a sprint race and how to start and finish.  I can throw a foam Javelin.  I can throw and catch with success.  I can aim and bowl a ball towards a target. I can throw a bean bag into a target zone. | I can do standing long jump and use some of the basic techniques.  I can throw a ball using a chest pass trying to increase the distance thrown.  I understand a sprint race and know some of the sprint technique.  I can throw a foam javelin and can have some success.  I can throw catch, bounce catch, throw clap catch and bounce clap catch with success.  I can bowl the ball towards skittles successfully knocking over most. | I can do standing long jump and get an ok distance.  I know how to start and finish a sprint race. I use some of the sprint technique in my performance. I have started to use the turning boards at both ends of the hall. I am using baton change overs during a relay race.  I use some of the long distance technique in my performance.  I can throw a foam javelin using some basic javelin techniques.  I can achieve a consistent score during my three vertical jumps.  I can achieve a consistent score throughout my three chest push throws. | I can do a standing long jump and create a good distance.  I have started to use more technique when sprinting this allows me to sprint faster. I can perform successful baton change overs and change momentum when using the turning boards.  I can throw a foam javelin and create at least 5m distance.  I can chest push a ball and create a good distance.  I can use basic jumping techniques to improve my vertical jump. | I do long jump with a run up and create a distance with some success.  I can perform a chest push with the correct technique.  I can sprint using the sprinting technique.  I can and understand how to pace myself in a 6 lap relay race.  I can tell you the difference in sprint and long distance sprint race.  I can throw foam javelin and can throw over 8m using the correct technique.  I can use my knowledge on jumping techniques for higher vertical jump scores. | I can do long jump and create a good distance.  I can perform a chest push with the correct technique and with a good distance.  I can sprint using the correct sprinting technique and a quick pace.  I can use pacing myself in a competitive 6 lap relay race.  I can throw a foam javelin and throw over 10m using the correct technique.  I know how to do a baton changeover to my teammate with accuracy and fluency. |
| Knowledge | I know the name of the jump.  I know the name of the throw I use when performing the tennis ball throw.  I know how to start and finish a sprint race. | I know some of the standing long jump teaching points.  I can throw a ball with some accuracy and distance.  I can use different power on my bowl to control accuracy when knocking over skittles. | I know most of the standing long jump teaching points.  I know most of the teaching points for the javelin throw.  I know some sprint teaching points.  I am starting to understand the importance of successful baton changeovers and turning boards. | I know standing long jump teaching points.  I know the teaching points for a chest push throw.  I know the sprint teaching points.  I know where I should place my foot on the turning board.  I know when to call the next runner in the relay for a successful change over. | I know long jump technique and some teaching points.  I know the chest push teaching points.  I know how to pace myself in a long distance race.  I am aware that the relay teams with successful and succinct baton and board changeovers will lead to higher finishing positions at the end of the race. | I know the long jump teaching points and how to correct a partner.  I know how to pace myself in a competitive race.  I can explain the different teaching points of running, jumping and throwing to my peers.  I can successfully perform all indoor athletic events, while specialising in a handful of events for competition. |