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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.  |