

Athletics Assessment

Y1	Year 2	Year 3	Year 4	Year 5	Year 6
I can throw an object with one hand	I can throw a variety of objects with one hand	I can throw a variety of objects adapting my action as necessary	I can throw, with accuracy and power, to a target area or for distance.	I show accuracy and good technique when throwing for distance and at a target	I can choose appropriate techniques for throwing events so my performance is successful.
I can run for longer distances	I can run at different speeds changing direction	I can run at a speed appropriate to the distance I am running.	I can improve my times by sprinting for short distances and pacing myself for longer distances	I choose the best pace for any running event, so that I can keep going and improve my personal target	I can demonstrate good control, strength, speed and stamina in a variety of running events.
I can jump and land safely from a standing position	I can jump and land safely in a variety of ways from a height (2 footed)	I can jump using correct techniques (eg hop into a step)	I perform a range of jumps with a consistent technique, sometimes using a short run-up	I perform a range of jumps with a consistent technique, using a run-ups to gain height or distance	I can perform a range of jumps showing power, control and consistency
I can recognise changes to my body when I exercise and know exercise is good for me	I can recognise a change in temperature and heart rate during exercise	I can understand why my heart beats faster during exercise and why I sweat.	I can recognise a change in heart rate, temperature and breathing rate during activity	I can predict the changes in my body when running, jumping and throwing.	I understand and can explain the short and long term effects of exercise on health and well-being
				I can identify good athletic performance in myself and others and say why.	I can pick out the important features of a performance and suggest improvements
					I can organise and manage an athletic event successfully apply athletic skills and tactics to the competitive situation