

Athletics	Pupil friendly objectives
<b>Including units:</b> <b>Fundamental, Fitness</b>  <b>Taught Years 1-6</b>	<ul style="list-style-type: none"> <li>• I can run at different speeds. (FS1) (F2) (A1)</li> <li>• I can show balance and co-ordination when I change direction. (FS2) (A2)</li> <li>• I can link hopping, skipping and jumping movements with some control and balance. (FS3) (F3) (A3)</li> <li>• I can recognise changes in my body when I do exercise. (FS4) (F5) (A7)</li> <li>• I understand why it is important to warm up. (F1)</li> <li>• I can experiment with different types of jumps and landing. (F4)</li> <li>• I can change direction. (F6)</li> <li>• I can experiment with different types of jumps and landing (A4)</li> <li>• I can co-ordinate my body to throw towards a target (A5)</li> <li>• I am developing my technique to throw for distance (A6)</li> <li>• I show balance and co-ordination when running at different speeds. (FS1) (F3) (A1)</li> <li>• I can show balance when changing direction. (FS2) (F1) (A2)</li> <li>• I can show hopping, skipping and jumping movements with some balance and control. (FS3) (F4) (A3)</li> <li>• I can describe how my body feels during exercise. (FS4) (F5) (A5)</li> <li>• I understand that there are different areas of fitness. (F2)</li> <li>• I show good technique when throwing towards a target (A4)</li> <li>• I can collect and record personal fitness scores. (F1)</li> <li>• I can work to my maximum level. (F2)</li> <li>• I can run at fast, medium and slow speeds. (A1)</li> <li>• I can use different take off and landings when jumping. (A2)</li> <li>• I am developing jumping for distance and height. (A3)</li> <li>• I can take part in a relay activity, remembering when to run and what to do. (A4)</li> <li>• I can throw a variety of objects, changing my action for accuracy and distance. (A5)</li> <li>• I can record my distances, numbers and times. (A6)</li> <li>• I can identify when I was successful. (A7)</li> <li>• I can explain what happens in my body when I warm up. (F1) (A5)</li> <li>• I can collect and record personal fitness scores and I can recognise my strengths. (F2)</li> <li>• I understand there are different areas of fitness and each area challenges my body differently. (F3)</li> <li>• I can demonstrate the difference between sprinting and running over varying distances. (A1)</li> <li>• I can demonstrate different throwing techniques. (A2)</li> <li>• I can jump for distance and height with control and balance. (A3)</li> <li>• I can throw with some accuracy and power into a target area. (A4)</li> <li>• I can identify when I was successful and what I need to do to improve. (A6)</li> </ul>

	<ul style="list-style-type: none"> <li>• I can lead a partner through short warm-up routines. (F1) (A7)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can identify areas of strength and areas for development in my fitness. (F2)</li> </ul>
	<ul style="list-style-type: none"> <li>• I understand the different components of fitness and how to test them. (F3)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can choose the best pace for a running event. (A1)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can perform a range of jumps showing some technique. (A2)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can show control at take-off in jumping activities. (A3)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can show accuracy and good technique when throwing for distance. (A4)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can understand how stamina and power help people to perform well in different athletic activities. (A5)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can identify good athletic performance and explain why it is good. (A6)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can lead a small group through a short warm-up routine. (F1) (A5)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can use data to identify areas of strength and areas for development and suggest ways to make improvements. (F2)</li> </ul>
	<ul style="list-style-type: none"> <li>• I understand the different components of fitness and ways to test and develop them. (F3)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can select and apply the best pace for a running event. (A1)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can exchange a baton with success. (A2)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can perform jumps for height and distance using good technique. (A3)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can show increasing accuracy and good technique when throwing for distance. (A4)</li> </ul>
	<ul style="list-style-type: none"> <li>• I can identify my own and others' strengths and areas for development and can suggest ways to improve. (A6)</li> </ul>