

ATHLETICS

(These expectations relate closely to level 3 of the Attainment Target)

By the age of 9 years (end of year 4) most children will be able to:-

- 1 Demonstrate running, jumping and throwing skills in a co-ordinated and controlled manner.**
 - Move consistently and smoothly when running for sustained periods or sprinting.
 - Know and demonstrate a range of throwing techniques.
 - Throw a range of appropriate implements with consistency and accuracy into specific target areas.
 - Jump with control and consistency and show co-ordination when demonstrating different combinations of jumps.

- 2 Show that they understand basic athletic tactics by starting to vary the way they respond to different situations.**
 - Know that there are different styles of running, jumping and throwing and recognise the need to choose the appropriate styles to meet the needs of the challenge.
 - Pace and sustain their effort to maintain the quality of their performance.
 - Demonstrate a suitable method of shuttle relay change-over for both incoming and outgoing runners.

- 3 Recognise how their work is similar to and different from the work of others and use this understanding to improve their own performance.**
 - Watch others perform and describe specific aspects of basic technique.
 - Compare and contrast performances using appropriate language.
 - Suggest how they can improve their own performance and, with guidance, set themselves targets.

- 4 Give reasons why warming-up before an activity is important.**
 - Recognise and identify times when their body temperature is cool, warm or hot.
 - Understand that their body works differently in different athletic situations
 - Carry out appropriate stretching and warm-up activities safely.