

ATHLETICS YEARS 3 & 4 – MINIMUM EXPECTED STANDARDS

1 FOCUS ON:- THROWING

Most children will be able to:-

- (a) demonstrate safety for self and others and the basic principles of throwing.
- (b) understand and show how changes in throwing actions can be affected by varying the amount of effort and speed.
- (c) identify and show how changes in throwing actions can be affected by varying the level, direction and distance.
- (d) demonstrate various throwing actions e.g. pushing, pulling and slinging.
- (e) understand that the co-ordinated use of the arms, trunk and legs will affect the speed and distance of the throw.
- (f) discover that the force applied to a throwing implement will effect its speed
- (g) recognise and describe how well a throw has been performed using appropriate language.
- (h) observe a partner's work and explain how it might be improved.

2 FOCUS ON:- JUMPING

Most children will be able to:-

- (a) understand and demonstrate safe landings and the basic principles of jumping.
- (b) show the five basic jumps stationary and on the move in control.
- (c) demonstrate combination jumps performed in a rhythmical way.
- (d) know the action needed when jumping for height.
- (e) demonstrate which foot must be placed forward at the start of a four pace run up in order to jump from their strongest (best) foot.
- (f) describe which three basic jumps are used in athletics.
- (g) recognise and describe how well a jump has been performed using appropriate language.
- (h) observe a partner's work and explain how it might be improved.

3 FOCUS ON:- RUNNING

Most children will be able to:-

- (a) understand and show safety for self and others and the basic principles of running, as an individual, in a team, in relays and over obstacles.
- (b) demonstrate walking/jogging/running in various directions and speeds in a controlled manner.
- (c) show how changes in height, arm, leg, head and foot movement can affect the walking/jogging/running response.
- (d) find their leading leg when running over obstacles.
- (e) discover a suitable running rhythm over obstacles.
- (f) know that the back foot at the start of a race will be the lead leg over an obstacle in the race.
- (g) show a suitable method of shuttle relay changeovers for both the incoming and outgoing runners.
- (h) recognise and describe how well a partner is performing a running action and offer suggestions for improvement if necessary.

4 FOCUS ON:- KNOWLEDGE AND UNDERSTANDING OF FITNESS AND HEALTH

Most children will be able to:-

- (a) understand that athletic activity is a good activity for health and well-being and know how to practise safely.
- (b) acknowledge that regular exercise improves health; makes you feel good and helps towards maintaining a healthy body weight.
- (c) know that exercise strengthens bones and muscles (including the heart) and helps keep joints flexible.
- (d) appreciate that exercise can help you feel good about yourself and about being with others and that it involves sharing and co-operation.
- (e) know and understand that any skill should be learned and practised in a progressive way.
- (f) realise that athletics is about beating your "personal best".
- (g) consider the safety of themselves and others when practising and performing.

APPROXIMATELY 8 - 12 HOURS ACTIVITY TIME WILL ENABLE MOST CHILDREN TO REACH THE MINIMUM STANDARDS.