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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 tennis ball.  I understand a sprint race and how to start and finish. I understand a long distance race and can do one lap of the track.  I can throw a foam Javelin. | I can do standing long jump and use some of the basic techniques.  I can throw a tennis ball overarm with some success.  I understand a sprint race and know some of the sprint technique.  I understand how to start and finish a long distance race and can do one lap.  I can throw a foam javelin and can have some success. | I can do standing long jump and get an ok distance.  I can throw a tennis ball.  I can know how to start and finish a sprint and long distance race. I use some of the sprint technique in my performance.  I use some of the long distance technique in my performance.  I can throw a plastic javelin using some basic javelin techniques. | I can do a standing long jump and create a good distance.  I can throw a tennis ball and create a good distance.  I have started to pace myself in a long distance race.  I have started to use more technique when sprinting this allows me to sprint faster. I use the long distance technique to try not to walk when performing in a long distance race.  I can throw a plastic javelin and create at least 5m distance. | I do long jump with a run up and create a distance with some success.  I can perform a rounders ball throw with the correct technique.  I can sprint using the sprinting technique.  I can and understand how to pace myself in a long distance race.  I can tell you the difference in sprint and long distance race.  I can throw plastic javelin and can throw over 10m using the correct technique.  I can throw a shot putt using the shot putt technique with some success. | I can do long jump and create a good distance.  I can perform a rounders ball throw 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 long distance race.  I can throw a plastic javelin and throw over 15m using the correct technique.  I can throw a shot putt using the technique and creating a good distance.  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 tennis ball with some accuracy and distance. | I know most of the standing long jump teaching points.  I know most of the teaching points for the tennis ball throw.  I know some sprint teaching points. | I know standing long jump teaching points.  I know the teaching points for a tennis ball throw.  I know the sprint teaching points. | I know long jump technique and some teaching points.  I know the rounders ball throw teaching points.  I know how to pace myself in a long distance race.  I know some of the basic shot putt teaching points. | I know the long jump teaching points and how to correct a partner.  I know how to pace myself in a competitive race.  I know the shot putt teaching points and how to chin knee toe to create more power and distance. |