

National Curriculum Statements of Attainment	Core Assessment Tasks:
Pupils should: <ul style="list-style-type: none"> learn to use a broader range of skills in isolation and combination enjoy competing against each other develop an understanding of how to improve and learn to evaluate and recognise their own success develop strength, technique and control 	Level 2 – Furthest Five, Pass the Baton, Take Aim, Level 2/3 – Faster, Higher, Further Level 3/4 – Three Jump Challenge, Distance Challenge

7 – 11 yrs	Lower Key Stage 2	Upper Key Stage 2
Running	<ul style="list-style-type: none"> Run smoothly at different speeds Choose different styles of running of different distances Pace and sustain their effort over longer distances Watch and describe specific aspects of running e.g. what arms and legs are doing Recognise and record how the body works in different types of challenges over different distances Carry out stretching and warm-up safely With guidance, set realistic targets of times to achieve over a short and longer distance 	<ul style="list-style-type: none"> Sustain pace over longer distance – 2 minutes Relay change-overs Set realistic targets for self, of times to achieve over a short and/or longer distance Identify the main strengths of a performance of self and others Identify parts of the performance that need to be improved Perform a range of warm-up exercises specific to running for short and longer distances Explain how warming up affects performance Explain why athletics can help stamina and strength
Jumping	<ul style="list-style-type: none"> Perform combinations of jumps e.g. hop, step, jump showing control and consistency Choose different styles of jumping Watch and describe specific aspects of jumping e.g. what arms and legs are doing With guidance, set realistic targets when jumping for distance for or height 	<ul style="list-style-type: none"> Demonstrate a range of jumps showing power and control and consistency at both take-off and landing Set realistic targets for self, when jumping for distance or jumping for height
Throwing	<ul style="list-style-type: none"> Explore different styles of throwing e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus) Throw with greater control Consistently hit a target with a range of implements Watch and describe specific aspects of throwing e.g. what arms and legs are doing With guidance, set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others 	<ul style="list-style-type: none"> Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus Organise small groups to SAFELY take turns when throwing and retrieving implements Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others