



BEYOND THE PHYSICAL

LEARNING JOURNEY

run jump throw



Curriculum Link

Athletics

'Pupils should be provided with opportunities for activities and physical challenges enabling them to learn, understand and develop the core skills of running, jumping and throwing in a co-operative context.'

I can run with speed and control



I can throw an object with control

I can jump in different ways with control

I can change the way I jump depending on the task



I can adapt the distance of my throw

I can run quickly in different directions

I can set my own level of challenge



I can compete with and against others

I can show perseverance

KS1

agility balance coordination

look run avoid