



BEYOND THE PHYSICAL

# LEARNING JOURNEY

## run jump throw

### Curriculum Link

#### Athletics

- 'Participate in fun activities and physical challenges enabling them to begin to learn, understand and develop the core skills of running, jumping and throwing individually and in a co-operative context, using a variety of equipment.'
- 'Practise simple running techniques in a variety of fun activities.'
- 'Practise jumping and throwing activities, initially from a stationary position.'
- 'Progressing to a controlled run-up.'
- 'Measure performance in simple athletic activities.'



I can run with speed and control

I can jump in different ways with control

I can throw an object with control



I can change the way I jump depending on the task

I can run quickly in different directions

I can adapt the distance of my throw



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