



BEYOND THE PHYSICAL

I can run, jump and throw with speed and strength.

LEARNING JOURNEY

speed distance strength

I can explore specific running, jumping and throwing techniques.

I can use specific running, jumping and throwing techniques.



Curriculum Link

Athletics

'Participate in activities and physical challenges to learn, understand and continue to develop the core skills of running, jumping and throwing in a co-operative and competitive context using a variety of equipment'
'Progress from simple running, jumping and throwing activities towards becoming involved in more difficult personal challenges and through them, improving performance.'

I can apply techniques to achieve the most success.

I can experiment with techniques to find success.

I can select and apply appropriate techniques for the task.

Modified Games

I can select an appropriate level of challenge for myself.

I can collaborate and compete successfully with others.

Athletics

Basketball

I can support others by providing feedback to improve performance.