



## What will you expect to see in a athletics lesson?

**You will see clear modelling by an adult or a child. You will see children given time to practice and develop their skills. You will see controlled competition against themselves or against others**

### YEAR 3

I can develop agility and speed when running.

I can develop control and balance when jumping for distance.

I can use equipment safely and appropriately.

I can show respect to others and work as a team or individual.

I can use equipment safely and appropriately.

#### **Vocabulary to be introduced**

*running, jump, speed, resilience, performance, healthy, diet, individual*

### YEAR 4

I can demonstrate agility and control.

I can perform running jump with control and balance.

I can begin to build variety of running techniques

I can understand the spirit of the game, team work and respect.

I can understand the importance of exercise as part of a healthy life style.

*running, jump, speed, resilience, performance, healthy, diet, individual*

#### **Vocabulary to be introduced**

*Listening, discussing, team work, trust*



## YEAR 5

I can use a variety of running techniques.

I can demonstrate agility and control whilst competing.

I can perform running jump with control and balance to reach a goal.

I can explain the importance of exercise as part of a healthy life style

*Listening, discussing, team work, trust, team work, individual running, jump, speed, resilience, performance, healthy, diet*

### **Vocabulary to be introduced**

*Communication, Stamina*

## YEAR 6

I can choose from a variety of running techniques to best suit the purpose.

I can demonstrate agility and control whilst competing against others.

I can show the spirit of the game (team work and respect) whilst in competition.

*Listening, discussing, team work, trust, team work, individual running, jump, speed, resilience, performance, healthy, diet*

*Communication, Stamina*

### **Vocabulary to be introduced**

*co-operation*