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| **Circuit/Sports Day** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they run over a long distance? * Can they apply tactics to running over longer or shorter distances? * Can they spring over a short distance? * Can they throw in different ways (e.g. javelin)? * Can they hit a target? * Can they perform a standing long jump? | * Can they select and use the most appropriate skills, actions or ideas? * Can they move and use actions with co-ordination and control? * Can they make up their own small-sided game? | * Can they explain how their work is similar and different from that of others? * Can they use their comparison to improve their work? | * Can they explain why warming up and cool-down is important?   Can they explain why keeping fit is good for their health? |