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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? |