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| **Circuit/Sports Day** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Are they refine their jumping methods?
* Can they begin to evaluate their own performance by suggesting improvements to their techniques/tactics?
* Can they improve their methods for relay baton handover?
* Can they perform a shot put?
* Can they understand how to jump over a hurdle at speed, and how this affects their stride pattern?
* Can they refine their methods for finishing a race?
* Can they describe good athletic performance using some correct vocabulary?
 | * Can they link skills, techniques and ideas and apply them accurately and appropriately?
* Do they show good control in their movements?
 | * Can they compare and comment on skills, techniques and ideas that they and others have used?
* Can they use their observations to improve their work?
 | * Can they explain some important safety principles when preparing for exercise?
* Can they explain what effect exercise has on their body?

Can they explain why exercise is important? |