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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? |