|  |  |  |  |
| --- | --- | --- | --- |
| **Circuit/Sports Day** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they demonstrate stamina?
* Can they use their previously taught skills in different competitive situations (e.g. long and short distance running, throwing and jumping)?
* Can they begin to evaluate their own performance and their peers by suggesting improvements to their techniques/tactics?
* Can they describe good athletic performance using precise 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? |