

Acquiring and developing skills

P4-5	P 6-7	P 8	NC1	NC2
Move slowly and quickly on teacher request	Link slow and quick movements, take big steps/ pushes and little steps/pushes both to teacher direction	Move slowly and quickly in a straight line	Move at different speeds according to the time requirement eg sprint for 7 seconds, run for 1 minute	Move smoothly and efficiently eg, try to keep arms close to body, move in a straight line.
Send a ball underarm but without control and direction	Send with control and direction to a partner using a small range of techniques	Send with control and direction to a wider group using a small range of techniques	Send using different methods of over arm, under arm, sling, push	Send using different methods of over arm, under arm, sling and push
Jump/push forwards over a line	Jump/push accurately into and out of areas from standing position	Jump/push high and long using variations of take offs and landings eg 1-2 and 2-2 feet	Jump/push for distance and height (set a target eg standing long jump – 1M)	Demonstrate different styles of jumping/pushing e.g. 1 footed/ hand, 2 footed/ hands, over a low obstacle

Selecting and applying skills, tactics and compositional ideas

P4-5	P 6-7	P 8	NC1	NC2
Move as fast as you can between obstacles	Move at different paces as directed by teacher	Move as fast as you can over a specified distance	Move at different paces when you get tired	Move as fast as you can over a set distance. Repeat and try to improve your time
Move and stop on instruction	Play follow the leader and move like the leader	Copy your partner's style of running/moving	Copy your partner's running style and decide if it suits you	Select your style and repeat it continuously so as to run faster
Send different sized balls and bean bags as far as you can (will lack direction)	Send different pieces of equipment as far as you can in a controlled way	Send accurately to a target or zone Send ball/ beanbags into baskets	Send different pieces of equipment as far as you can (set a distance according to equipment)	Send different implements further than 4 pushes/jumps take you
Jump/push and land safely showing correct use of legs and feet	Jump/push over high and long obstacles	Jump/push high and long using variations of take offs and landings eg, 1-2 and 2-2 feet Use your arms to make you jump higher	Jump/push for distance and height (set a target e.g, standing long jump 1M)	Show power in the jump/push – use arms, lift knees etc

Knowledge and understanding of fitness and health

P 4-5

Follow simple warm up and cool down activities

P 6-7

Recognise that your heart rate and temperature have changed

P 8

Understand the need to warm up

NC1

Describe what happens to your heart, breathing and temperature during athletics events

NC2

Identify when your body gets warmer, cooler

Evaluating and improving performance

P 4-5

Recognise and identify different types of equipment and actions

P 6-7

Recognise and identify different types of moving, jumping and throwing actions

P 8

Identify and describe different moving, jumping and throwing actions

NC1

Watch other people and recognize different styles of moving, jumping and throwing

NC2

Explain what is successful and how to improve