

Activity: Athletics Year Groups: Y3/4

Lesson Objective	Learning outcomes – Where am I in my learning?
Session 1 Can you develop speed technique in sprinting?	Gold- I can sustain my sprint with good arm/leg drive for 60m. Silver- I can focus on my arm action for a sprint of 60m. Bronze- I can improve my speed over 40/60m.
Session 2 Can you run as fast as possible in a straight line in a shuttle relay race?	Gold- I can run and pass the baton in the right hand without slowing down. Silver- I can pass the baton and receive the baton successfully in the right hand. Bronze- I can run in a straight line and pass the baton successfully.
Session 3 Can you combine different jumping and landing actions?	Gold- I can take off with one foot and land with either one or two feet with increasing distance. Silver- I can take off with one foot and land at distance with the other foot. Bronze- I can control my landing without losing balance by bending knees to absorb force of landing.
Session 4 Can you develop coordination for different types of jumps?	Gold- I can jump with increasing distance and coordination in a variety of jumps. Silver- I can jump with distance, showing improvement in a variety of jumps. Bronze- I can jump with distance in a variety of jumps.
Session 5 Can you throw a ball for distance and height?	Gold- I can throw over arm accurately towards a target. Silver- I can throw a ball towards a target using an over-arm throw. Bronze- I can throw a ball using an over arm action.
Session 6 Can you develop throwing with increasing accuracy.	Gold- I can throw over arm accurately towards a target. Silver- I can throw a ball towards a target using an over-arm throw. Bronze- I can throw a ball using an over arm action.