

Activity: Athletics

Year Groups: Y5/6

Lesson Objective	Learning outcomes – Where am I in my learning?
Session 1 Can I develop sprinting techniques in the circular relay?	Gold- I can sprint with a fluid and effective style Silver- I can sprint with a good knee lift and arm action Bronze- I can pass the baton on successfully and run using a good knee lift
Session 2 Can I sustain exercise to improve stamina?	Gold- I can sustain my pace and endurance throughout a session Silver- I can control my pace in an endurance event Bronze- I can keep on running even though I feel tired
Session 3 Can I hurdle with control and rhythm?	Gold- I can hurdle efficiently running at speed and taking off with the same foot Silver- I can run and hurdle at speed Bronze- I can run and hurdle lifting the trailing leg as it goes over the hurdle
Session 4 Can I demonstrate appropriate body positions for throwing greater distances?	Gold- I can effectively aim and throw to distance different types of implements Silver- I can aim and throw a variety of different implements with increasing distances Bronze- I can throw a variety of different implements with increasing distances
Session 5 Can I demonstrate appropriate body positions for throwing greater distances?	Gold- I can effectively aim and throw to distance different types of implements Silver- I can aim and throw a variety of different implements with increasing distances Bronze- I can throw a variety of different implements with increasing distances
Session 6 Can I improve distance from take-off to landing in one jump?	Gold- I can jump to height and distance in long jump after a fast run up Silver- I can long jump effectively and land on both feet Bronze- I can long jump by taking off on one foot and land with both