



'Curriculum is the Progression Model'

FUNDamental movement skills > Athletics



I know how to refine techniques to enable me to compete and develop in shotput, triple jump and middle distance events

I know how to use my skills and knowledge to evaluate and improve my own athletic performance

I know how to use leadership skills and knowledge to evaluate and improve the athletic performance of my peers

I know how to adopt basic techniques to help me run faster and jump and throw further.

I know how to use subtle tactics to gain an advantage in competition.

I know how to sprint, jog, hop, change direction, jump, stop throw with accuracy, place weight on hands demonstrating agility and control.

I know how to participate in organised competition fairly, sportingly whilst trying my best.

I know how to refine techniques to enable me to compete and develop in relay, hurdles and javelin.

