

Lesson 1/6

To work on running and changing direction quickly

Success Criteria

To be able to:

- **Safely find space and move around avoiding obstacles**
- **Travel at various speeds and change the way they are travelling**
- **Run efficiently using the correct technique**
- **Safely under control stop and start running/moving**

Lesson 2/6

To throw small pieces of athletic equipment for distance

Success Criteria

To be able to:

- **Judge the distance they need to throw and aim accordingly**
- **Throw a variety of small athletic pieces of equipment for distance**
- **Perform learnt skills with some control and coordination**
- **Run, throw and jump in a safe and controlled manner**
- **Show a preference for a dominant hand**

Lesson 3/6

To race through obstacles, when jumping, crouching and dodging is required

Success Criteria

To be able to:

- **Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)**
- **Run at an object and safely jump over to continue running**
- **Duck under and crawl through objects to continue racing**

Lesson 4/6

To be able to jump for distance using a set footwork pattern

Success Criteria

To be able to:

- **Understand the basics of jumping and landing**
- **Bend their knees to jump and land safely**
- **Jump for distance when using a two footed jump approach**
- **Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing**

Lesson 5/6

To race in teams and follow set instructions

Success Criteria

To be able to:

- **Race in relays, and work together as a team to finish a race**
- **Show a clear understanding of tasks they are given**
- **Understand athletics terminology (Hurdle, relay, sprint)**
- **Match their developing physical skills to tasks and activities in the setting**

Lesson 6/6

To perform in a Mini Sports Day, using events and techniques shown

Success Criteria

To be able to:

- **Perform in a variety of events against other pupils**
- **Uses basic running, jumping and throwing techniques to achieve some success**
- **Identify methods of how to improve running, jumping and throwing techniques**
- **Know what each event entails**