

# COMPLETE EDSTART

## Year 6 - Athletics Assessment Tracker

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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**Children can:**

- **Run efficiently using the correct technique**
- **Accurately throw a variety of athletic equipment for distance**
- **Understand to transfer their body weight from back to front to generate more power when throwing**
- **Understand the basics of jumping and landing**
- **Use the upper body to gain distance on the jump**
- **Understand that when running for distance they must pace themselves in order to complete the distance set**
- **Combine a range of running, jumping, throwing and catching techniques with control**

Objective 1/6 - To work on speed, agility and quickness

- Children can:
- Change direction quickly
  - Work on being more agile when running and turning
  - Know the correct footwork they need to run quickly
  - Complete the Edstart Champions 20m agility sprint and speed bounce

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 2/6 - To be able to sprint correctly and efficiently

- Children can:
- Know how to sprint start
  - Understand to run flat out all the way across the finish line
  - Run efficiently using the correct technique
  - Slightly lean body forward when they run, while swinging their arms in a straight line from the shoulder
  - Complete the Edstart Champions 100m and 200m sprint

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 3/6 - To throw a number of different athletic pieces of equipment

- Children can:
- Accurately throw a variety of athletic equipment for distance
  - Change techniques depending on what equipment they are throwing but know how to use the basic principles of throwing
  - Understand to transfer their body weight from back to front to generate more power when throwing
  - Complete the Edstart Champions javelin and discus

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 4/6 - To jump for distance using a variety of techniques and footwork patterns

- Children can:
- Understand the basics of jumping and landing
  - Use the upper body to gain distance on the jump
  - Jump for distance when using the triple jump approach
  - Complete the Edstart Champions long, triple and high jumps

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 5/6 - To be able to run for distance

- Children can:
- Understand that when running for distance they have to pace themselves in order to complete the distance set
  - Give a last push to the finish line in the closing stages
  - Complete the Edstart Champions 400m long distance race

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 6/6 - To perform in a Sports Day, using events and techniques shown

- Children can:
- Perform in a variety of events against other pupils
  - Know what each event entails
  - Complete the Edstart Champions programme and achieve personal bests (Wall squat, sit and reach)

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

## Assessment Mark

## Requirements

### Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Understands and can explain different track and field events

### On Target

- Shows basic running, throwing and jumping techniques
- Can adjust their running technique for sprinting, showing some coordination and control
- Demonstrates stamina to maintain a sustained run
- Can follow step-by-step instructions and copy a range of throwing techniques with some accuracy
- Can understand and identify when a technique has not been performed effectively

### Above Target

- Shows developed running, jumping and throwing skills
- Shows good reaction times and can identify an effective sprint start
- Shows a developed running technique for sprinting, showing good coordination and control
- Demonstrates good control and coordination when performing jumping activities
- Follows step-by-step instructions with regards to throwing activities showing increasing accuracy and success

### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Analyse skills and techniques to modify and improve performance
- Shows knowledge of athletic events and techniques, such as running style and throwing/jumping technique achieving high success
- Confidently applies existing fundamental movements in a variety of athletic activities
- Demonstrates fast reaction times to achieve an effective sprint start
- Demonstrates speed, power, and coordination when sprinting, throwing and jumping

To be **On Target**, pupils must achieve all **Working Towards** bullet points from **On Target**.

To be working **Above Target**, pupils must achieve all points from **Working Towards** and **On Target** as well as at least 4 **Above Target** points.

To achieve **Excelling**, pupils must achieve all points from **Working Towards**, **On Target** and **Above Target** as well as at least 3 **Excelling** points.