

# COMPETING

# EDSTART

## Year 5 - Athletics

### Assessment Tracker

Pupils will be taught...

#### Overall Learning Outcomes (Endpoints)

**Children can:**

- **Understand and can explain different track and field events**
- **Start to show developed running, throwing and jumping skills**
- **Start to show a developed running technique for sprinting, showing good coordination and control**
- **Accurately throw a variety of athletic equipment for distance**
- **Use the upper body to gain distance on the jump**
- **Understand and identify when a technique has not been performed effectively**
- **Demonstrate stamina to maintain a sustained run**

# Year 5 - Athletics Assessment Tracker

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

Children can:

- Change direction quickly
- Start to show developed running, throwing and jumping skills
- 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:

- Show good reaction times and can identify an effective sprint start
- Start to show a developed running technique for sprinting, showing good coordination and control
- 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.)

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

Children can:

- Follow step-by-step instructions with regards to throwing activities showing increasing accuracy and success
- Start to identify when a technique has not been performed effectively
- 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:

- Demonstrate good control and coordination when performing jumping activities
- 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.)

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

Children can:

- Start to demonstrate stamina to maintain a sustained run
- 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.