

COMPETING

EDSTART

Year 4 - Development of Athletics

Assessment Tracker

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Change direction quickly**
- **Run efficiently using the correct technique**
- **Accurately throw a small piece 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**

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Objective 1/6 - To develop speed, agility and quickness drills

Children can:

- Change direction quickly
- Work on being more agile when running and turning
- Start to understand the correct footwork needed when running
- 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 develop the sprint technique from a starting position

Children can:

- Know how to sprint start
- Understand to run flat out all the way across the finish line
- 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.)

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Objective 3/6 - To develop throwing small pieces of athletic equipment for distance

Children can:

- Throw a variety of small athletic pieces of equipment for distance
- 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 develop jumping for distance using a set footwork pattern

Children can:

- Understand the basics of jumping and landing
- Use their upper body to gain distance on the jump
- Jump for distance when using a two footed 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 develop running for distance

Children can:

- Understand that when running for distance they have to pace themselves in order to complete the distance set
- 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 Mini 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.)

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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)
- Recognise and name some athletic events and techniques

On Target

- Demonstrates existing basic running, throwing and jumping skills
- Shows some control and coordination when running and performing a jump or throw
- Can follow step-by-step instructions to learn new techniques with some success
- Can work as part of a team

Above Target

- Shows developed running, jumping and throwing skills
- Demonstrates increasing control and coordination when running, jumping or throwing
- Can identify aspects of how a skill has been performed
- Can copy actions to learn new techniques with some accuracy, control and fluency
- Combines new skills and techniques with increasing success when participating in running, throwing and jumping events

Excelling

- Competes/demonstrates an ability to compete at an elite level
- Shows control, power, fluency, and coordination when running or performing a jump or throw
- Shows excellent leadership qualities and communication when working within a group
- Can identify areas of improvement within their own and others' techniques and offers advice

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.