

# COMPETING EDSTART

## Year 3 - Intro to Athletics Assessment Tracker

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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**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**

Objective 1/6 - To introduce speed, agility and quickness

- Children can:
- Change direction quickly
  - Work on being more agile when running and turning
  - Start to understand the correct footwork needed when running

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 introduce sprinting 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

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 introduce the throwing of 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

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 introduce the technique of 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

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 introduce the ability of running 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

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

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)
- 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.