

COMPETING

EDSTART

Year 1 - Sports Day Events

Assessment Tracker

Pupils will be taught...

Overall Learning Outcomes

Children can:

- **Dress with help** (e.g. puts arms into open-fronted coat or shirt when help up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom)
- **Change direction quickly**
- **Run efficiently using the correct technique**
- **Accurately throw a small piece of athletic equipment for distance**
- **Understand the basics of jumping and landing**
- **Follow set rules for races and be able to put together all their basic movement skills**
- **Observe the effects of activity on their bodies**

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Objective 1/6 - To work on running and changing direction quickly

Children can:

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

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 throw small pieces of athletic equipment for distance

Children can:

- Judge the distance they need to throw and can 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

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

Children can:

- 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

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 set footwork pattern

Children can:

- Understand the basics of jumping and landing
- Know to 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

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 race in teams and follow set instructions

Children can:

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

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
- Use 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

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)

On Target

- Can understand athletics terminology (Baton, hurdle, javelin, relay, sprint)
- Performs learnt skills with some control and coordination
- Can run, throw, and jump in a safe and controlled manner
- Understands risks and how accidents can be prevented
- Uses basic running, jumping and throwing techniques to achieve some success

Above Target

- Can describe how their body feels before, during and after exercise
- Demonstrate confidence when running, jumping and throwing
- Achieves success using developed techniques
- Shows a clear understanding of tasks they are given
- Shows good teamwork skills in competitive situations
- Shows some leadership qualities and communicates effectively with others

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.