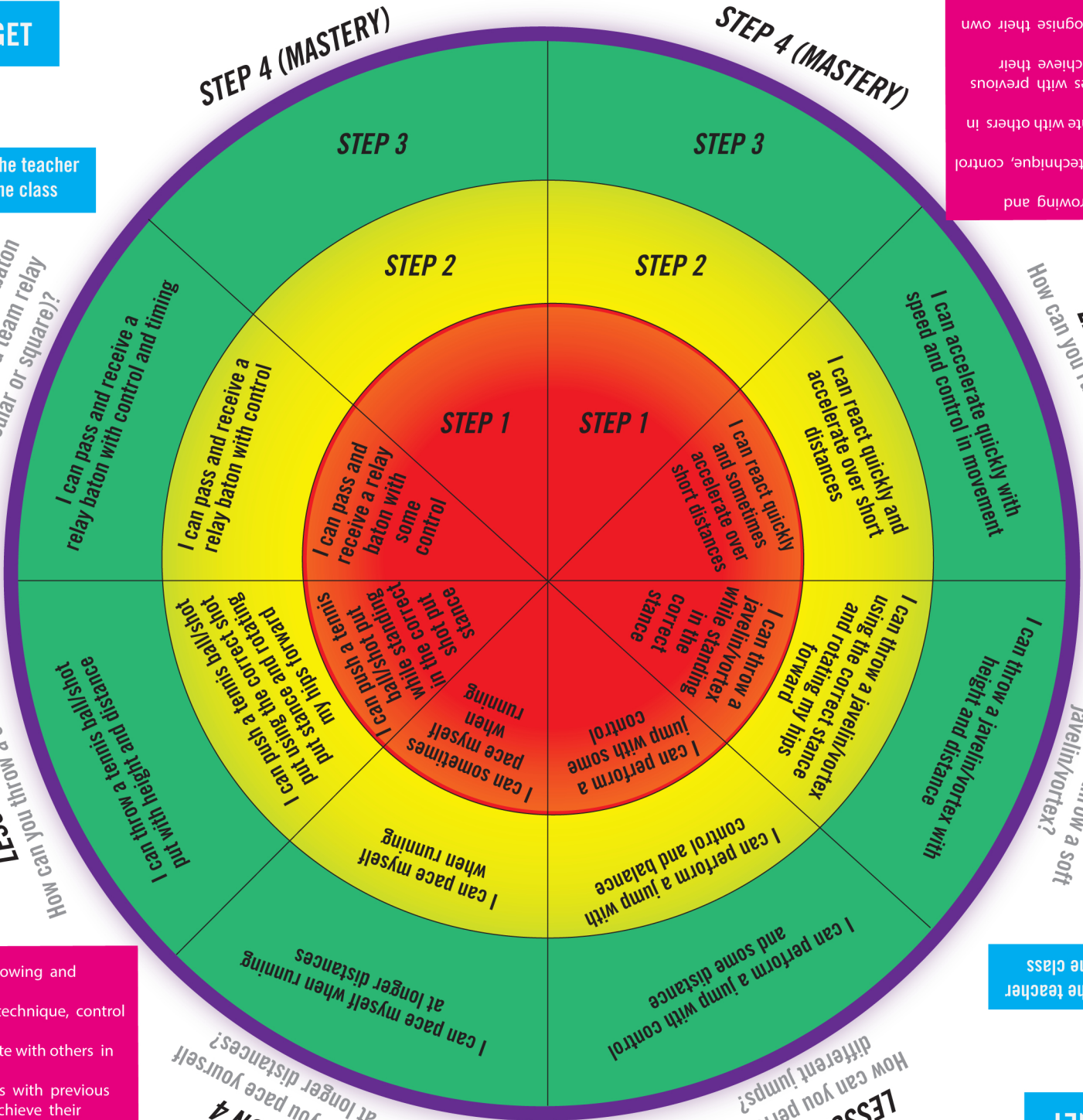


# PROGRESS-O-METER TARGET

## ATHLETICS YEAR 5

This framework should be adapted by the teacher to meet the learning requirements of the class



**Yr 5 Attainment Target**

- Can begin to use use running, jumping, throwing and catching in isolation and in combination
- Has begun to develop flexibility, strength, technique, control and balance
- Is beginning to communicate and collaborate with others in a variety of activities
- Is beginning to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Can begin to evaluate performance and recognise their own success

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**LESSON 6**  
How can you perform a baton changeover in a team relay (circular or square)?

**LESSON 1**  
How can you run "FAST"?

**LESSON 5**  
How can you throw a shot put?

**LESSON 2**  
How can you throw a soft javelin/vortex?

**LESSON 4**  
How can you pace yourself at longer distances?

**LESSON 3**  
How can you perform different jumps?