

# PROGRESS-O-METER TARGET

## ATHLETICS YEAR 6

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



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

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

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

**LESSON 4**  
How can you perform different jumps?  
How can you perform jumps with distance and control?  
I can perform a jump with distance and control when running at longer distances.  
I can place myself when running at longer distances showing good techniques.  
I can place myself when running at longer distances when showing good techniques.

**LESSON 3**  
How can you perform jumps?  
I can perform a jump with distance and control.  
I can perform a jump with some control and distance when running at longer distances.

**LESSON 2**  
How can you throw a javelin/vortex?  
I can throw a javelin/vortex with height and distance.  
I can throw a javelin/vortex using my hips and rotating my torso and stance and correct posture.  
I can perform a jump with some control and distance when running at longer distances.

**LESSON 1**  
How can you run "FAST"?  
I can throw a javelin/vortex with speed and control.  
I can accelerate quickly with speed and control in movement.  
I can react quickly and accelerate over short distances.  
I can pass and receive a relay baton with control and timing.  
I can pass and receive a relay baton with good control in a competitive situation.

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

## LESSON 2 How can you throw a javelin/vortex?

## LESSON 3 How can you perform jumps?

## LESSON 4 How can you perform different jumps?

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

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

Can communicate and collaborate with others in a variety of activities  
Has developed flexibility, strength, technique, control and balance  
and in combination, jumping, throwing and catching in isolation  
and evaluate performance and recognise their own success  
activities  
demonstrate improvement to achieve their personal best.  
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