

# PROGRESS-O-METER TARGET

## ATHLETICS YEAR 4

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



PRIMARY P.E. PLANNING

### Yr 4 Attainment Target

- Can use running, jumping, throwing and catching in isolation
- Has developed flexibility control and balance
- Can communicate with others during physical activities
- Can compare their performances with previous ones
- Can recognise their own success

**LESSON 6**  
How can you perform a baton takeover in a team relay?

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

**LESSON 4**  
How can you take off and land over obstacles/hurdles?

**LESSON 3**  
How can you perform a hop, skip and jump (standing triple jump)?

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

## ATHLETICS YEAR 4

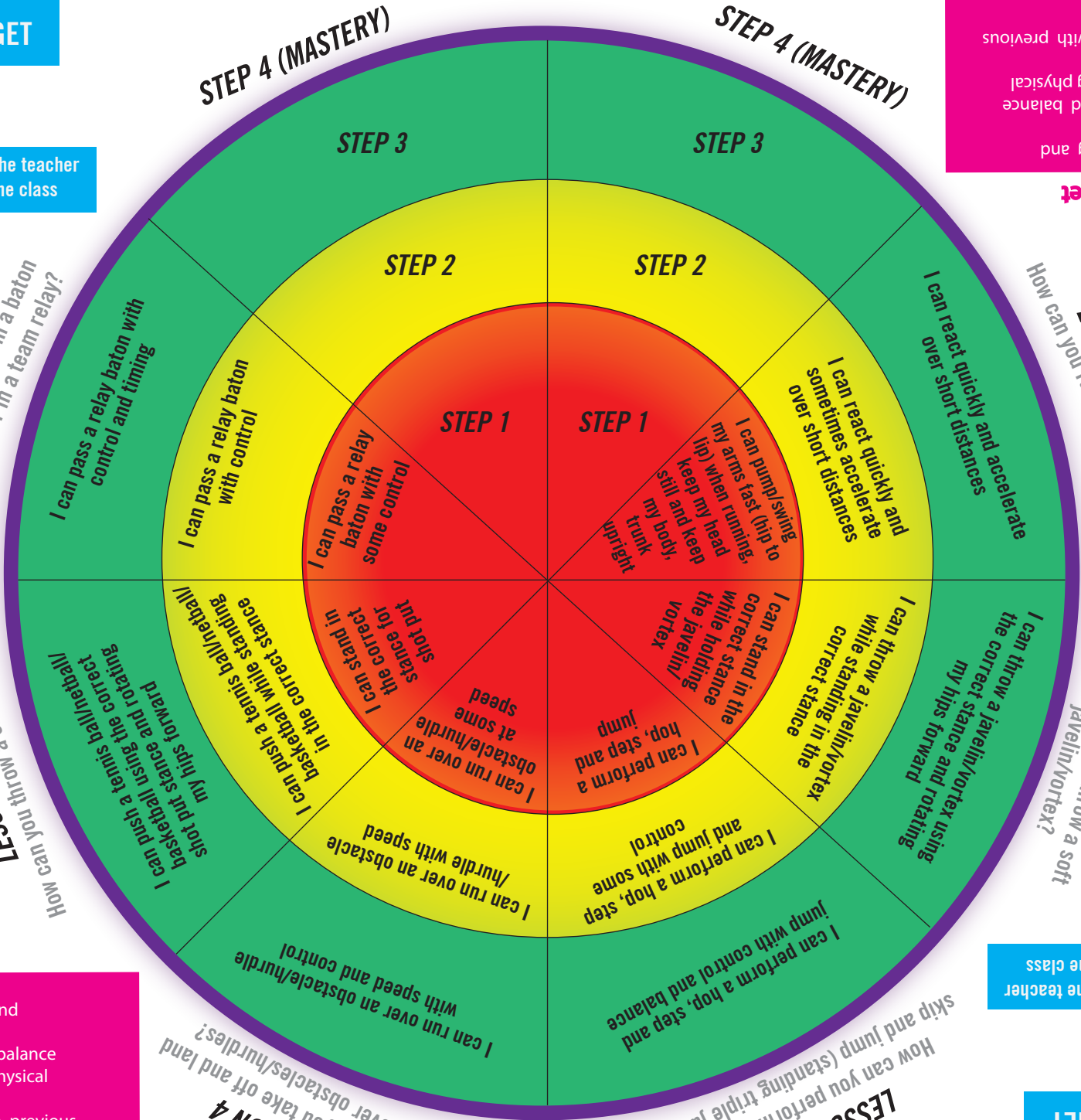
# PROGRESS-O-METER TARGET

- Can use running, jumping, throwing and catching in isolation
- Has developed flexibility control and balance
- Can communicate with others during physical activities
- Can compare their performances with previous ones
- Can recognise their own success

### Yr 4 Attainment Target

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

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



PRIMARY P.E. PLANNING