

Year 3 Indoor athletics

Success Criteria/Unit Endpoints	Names/Initials
I can jump landing on two feet in standing long jump and co-ordinate the skipper hoop	
I can understand and complete each test successfully, measure and record one another's scores	
I can chest push, bending my knees and follow through on the throw through to fingertips	
I can bend my knees when jumping to increase power	
I can compete with determination and confidence and record my own results	
I can compare and improve my performance to get at least one Personal Best	

YEAR 3 ATTAINMENT TARGETS

- Can begin to use skills in different ways and to link them to make actions and sequences of movement.
- Has begun to develop flexibility, control and balance.
- Is beginning to communicate with others during physical activities.
- Is beginning to compare their performances with previous ones.
- Can begin to recognise their own success.