

Year 4 Indoor Athletics

Success Criteria/Unit Endpoints	Names/Initials
I can co-ordinate the steps on the 5 strides	
I can complete each test successfully, measure and record one another's scores accurately	
I can continue speed bounce for the 30 seconds without stopping keeping my body upright to help with balance	
I can use my arms and legs together to increase power	
I can compete with determination and confidence and record my own results	
I can compare and improve my performance to get two or more Personal Bests	

YEAR 4 ATTAINMENT TARGETS

- 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 begin to recognise their own success.