

Year 5 Athletics

Success Criteria/Unit Endpoints	Names/Initials
I can react quickly and accelerate over short distances	
I can throw a javelin/vortex using the correct stance and rotating my hips forward	
I can perform a jump with control and balance	
I can pace myself when running	
I can push a tennis ball/shot put using the correct shot put stance and rotating my hips forward	
I can pass and receive a relay baton with control	

**YEAR 5 ATTAINMENT TARGETS**

- Can begin to 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 activities.
- Is beginning to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Can begin to evaluate performance recognise their own success.