

Year 5 Indoor Athletics

Success Criteria/Unit Endpoints	Names/Initials
I can perform the standing triple jump with control and perform a javelin throw	
I can understand and complete each test successfully, measure and record scores	
I can throw a tennis ball at 45 degrees standing side on	
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 perform the standing triple jump with control and perform a javelin throw	

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.