

End of Year 3
Attainment Target

Pathway to Progression
How far did you travel today?
Year 3



How can you run "FAST"?

I can use my arms to help me run, keep my head still and look forward

I can pump/swing my arms fast (hip to lip) when running, keep my head still and keep my body/ trunk upright

I can react quickly and accelerate over short distances



How can you throw a soft javelin/vortex?

I can sometimes stand in the correct stance while holding the javelin/vortex

I can stand in the correct stance while holding the javelin/vortex

I can throw a javelin/vortex while standing in the correct stance



How can you perform a hop, step and jump (standing triple jump)?

I can attempt a hop, step and jump

I can link a hop, step and jump together

I can perform a hop, step and jump with some control



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

I can run over an obstacle/hurdle

I can run over an obstacle/hurdle at some speed

I can run over an obstacle/hurdle with speed



How can you throw a shot put?

I can remember how to stand in the correct stance for shot put

I can remember and stand in the correct stance for shot put

I can push a ball while in the correct stance and help coach my partner



How can you co-operate in a team?

I can co-operate in a team, compete against others and can encourage my teammates.

I always co-operate and work as part of a team. I always encourage my teammates.

I can take on a leadership role to improve my team's performance, e.g. as mini coach.



I can give kind feedback to others. I can listen and share ideas

I can give positive feedback to improve performance. I can recall key knowledge within the unit

I can use key vocab and evaluate and improve my own performance. I can link key knowledge across the units



I can describe what happens to my body during exercise

I can explain why I need to warm up before I exercise I know the 3 P's

I can explain and lead a pulse raiser and describe how exercise improves my wellbeing

