


End of Year 4  
Attainment Target

Pathway to Progression  
How far did you travel today?  
Year 4

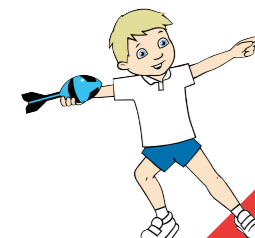


How can you run "FAST"?

I can remember how to run FAST

I can react quickly and sometimes accelerate over short distances

I can react quickly and accelerate over short distances

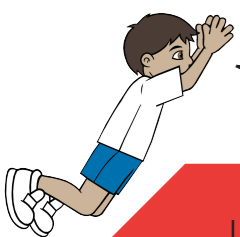


How can you throw a soft javelin/vortex?

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

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

I can throw a javelin/vortex using the correct stance and rotating my hips forward




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

I can remember how to perform a hop, step and jump

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

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

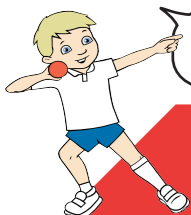


How can you take off and land over obstacles/hurdles?

I can run over an obstacle/hurdle at some speed

I can run over an obstacle/hurdle with speed

I can run over an obstacle/hurdle with speed and control




How can you throw a shot put?

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

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

I can confidently use the correct shot put stance and give helpful feedback to my partner to help them improve




How can you co-operate in a team?

I can co-operate in a team, compete against others fairly

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


I can take on a leadership role, using key values such as motivation, teamwork, and honesty



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 evaluate performance and recognise success to help improve myself and others. I can link key knowledge and skills across the units. I can develop rules, strategies and tactics



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 well being

I can explain the effect exercise has on my body including; vital organs, mental health, memory and focus

