



ATHLETICS

LEVEL 3

- I can execute actions appropriately, applying them with control and coordination.
- I can understand what I need to do in order to run faster and jump or throw further.
- I can give reasons why warming up before an activity is important.
- I can see how my basic techniques are similar to and different from others', and use this understanding to improve my own performance.
- I am able to take the lead in pairs and small groups when carrying out practices.

LEVEL 4

- I can link techniques and apply them accurately and appropriately. When performing I show precision, control and fluency.
- I understand the reason behind a sound run up/preparation phase of a jump or a throw.
- I can explain and apply basic safety principles when preparing for exercise.
- I can compare and comment on my own skills and others' techniques, and use this understanding to improve my game.
- I can work with others to plan and lead simple athletics drills.

LEVEL 5

- I can select and combine techniques and apply them accurately and appropriately in different athletics events. When performing in different events I consistently show precision, control and fluency.
- I draw on what they know about strategy to produce effective outcomes.
- I can explain how the body reacts during different types of athletics events.
- I can analyse and comment on techniques and how these are applied in my own and others' work.
- I can plan, organise and lead practices and safely.

LEVEL 6

- I can select and combine techniques, performing with consistent precision, control and fluency.
- I use imaginative ways to overcome challenges and entertain audiences.
- I understand how the different components of fitness affect performance.
- I can analyse and comment on techniques that have been used in my own and others' work.
- I can describe my involvement in regular, safe physical activity for the benefit of my health and wellbeing. When leading practices, I am able to apply basic rules.

LEVEL 7

- I can select and combine advanced techniques consistently show precision, control and fluency.
- I can apply the principles of advanced strategies to my own and others' work.
- I can explain the principles of practice and training, and apply them effectively in athletics.
- I can analyse and comment on my own and others' work, showing that they understand how fitness relate to the quality of the performance. I can plan ways to improve.
- I can take on different roles within athletics, showing an ability to organize and communicate effectively, and applying rules fairly and consistently.

LEVEL 8

- I can consistently distinguish between and apply advanced techniques, always showing high standards of precision, control and fluency.
- Drawing on what I know of the principles of advanced techniques, I apply them with proficiency. When adapting to changing circumstances and other performers, I maintain the quality of my performance.
- I use my knowledge of health, fitness and social wellbeing to plan and evaluate my own and others' exercise and physical activity programmes.
- I can critically evaluate my own and others' work, showing that I understand the impact of fitness on the quality and effectiveness of my performance.
- I can take on different roles within athletics and plan pathways into performance, leadership or officiating based on my choices and preferences.

EXCEPTIONAL PERFORMANCE

- I can consistently use advanced techniques with precision, control and fluency.
- Drawing on what I know of the principles of advanced strategies, I can consistently apply these principles with originality and proficiency.
- I can consistently apply appropriate knowledge and understanding of health and fitness in all aspects of my work.
- I can critically analyse and judge my own and others' work, showing that they understand how strategy and fitness relate to and affect the quality of performance in different athletics activities. I can reach judgements independently about how my own and others' performance could be improved, prioritizing aspects for further development.
- I understand the contribution physical activity makes to my physical, mental and social wellbeing and participate regularly in physical activity both in and out of school for the benefit of my health and wellbeing.