

ATHLETICS

Y5

Demonstrate a dynamic sling throw.
Demonstrate a dynamic heave throw.
Demonstrate a dynamic push throw.
Demonstrate a dynamic javelin throw.
Demonstrate the ability to maintain a smooth running pace relevant to distance covered.
Hop, step and jump in the correct sequence.

Y3

Demonstrate good running posture.
Accelerate and decelerate rapidly.
Jump for distance from two feet to two feet.
Demonstrate correct technique for throwing a vortex.

Y6

Demonstrate understanding of stamina and effectively run over a long distance.
Sprint over obstacles using constant stride lengths.
Pass a relay baton at speed using a "push pass".
Sprint rapidly over short distances as an individual and in relays.
Hop, step and jump with speed and balance.

Y4

Maintain a good running technique when sprinting over obstacles.
Jump for distance from one foot to two feet.
Demonstrate effective technique for throwing a javelin.
Demonstrate effective technique using the sling throw.
Demonstrate effective technique using the heave throw.
Demonstrate effective technique using a push throw.

