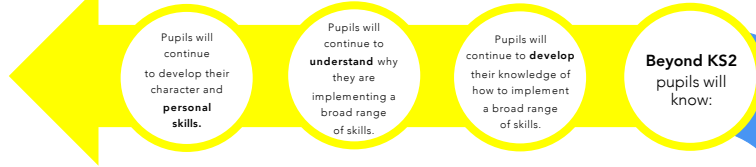


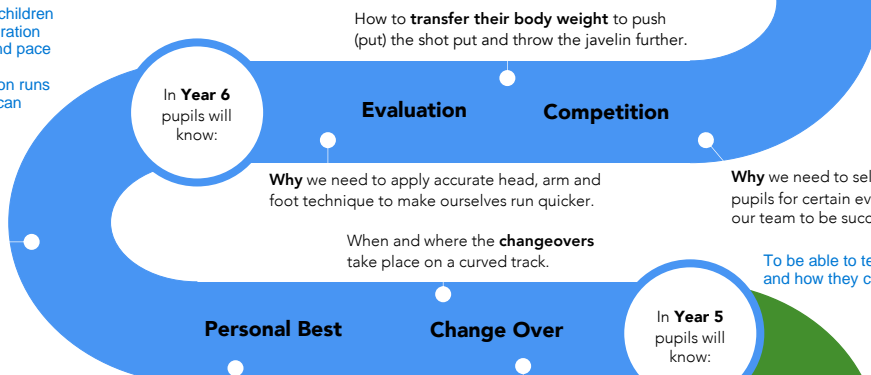
Using the correct technique, children can fluidly and consistently perform a standing long jump and standing triple over a range of distances. Pupils can reflect on their jumps and identify how they can improve them.



Using the correct technique, children can run for speed and acceleration and run for distance fluidly and pace themselves over a range of distances. Pupils can reflect on runs jumps and identify how they can improve them.

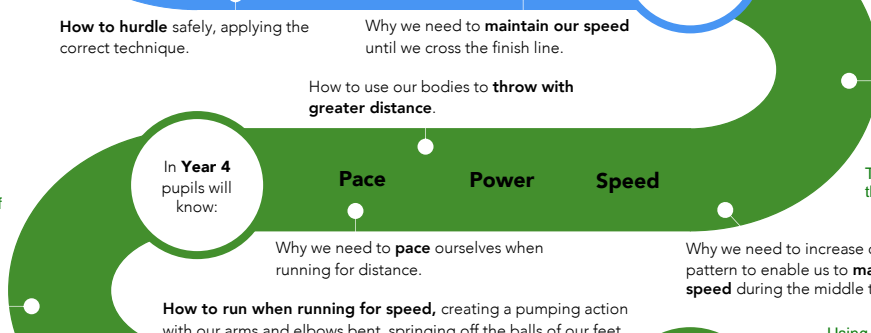
Using the correct technique, children can throw for distance and accuracy using a foam javelin, shot put and discus over a range of distances. Pupils can reflect on their throws and identify how they can improve them.

How to evaluate our own and others sprinting technique making suggestions on how we can improve our own and others performance.



To be able to tell another child what they did well and how they could improve.

How to hurdle safely, applying the correct technique.

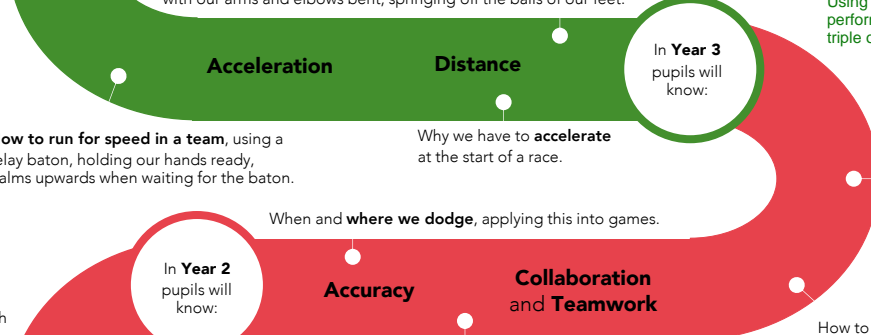


Using the correct technique, children can throw for distance using a hawler and basketball (shot put stance) over a range of distances.

How to throw for distance and why the correct technique is essential to send the object further.

We throw and object sideways on, with our arm up and elbow bent above our shoulder. We release the object when it is just past our head.

To say what they did well and how they could improve.



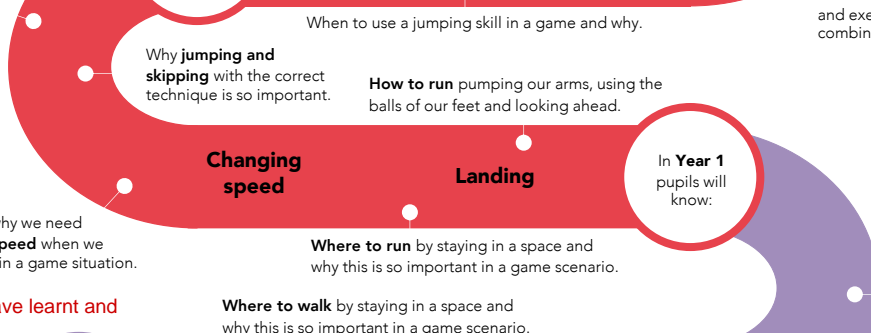
Using the correct technique, pupils can run for speed and acceleration and run for distance over a range of distances.

How to jump skip with a step hop action, swinging our arms.

Pupils can demonstrate that they can keep their head up, pump their arms, land on the balls of their feet, change direction, move into space and vary their speed when running and dodging.

When and why we need to **change speed** when we are running in a game situation.

To express what they have learnt and what they've done well.



How to dodge.

We keep our head up with a low body position, bending our knees, planting one foot on the floor, leaning our body to one side and then moving the other way quickly.

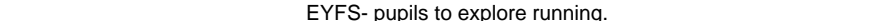
How to **link jumps** together and execute them in combination.

Pupils demonstrate that they can jump effectively by swinging arms, bending knees and keeping head up. Using the correct technique, pupils jump for distance and height. Pupils demonstrate that they can hop and skip, forwards, backwards and sideways. Pupils are able to link jumps together. Pupils understand why using the correct jumping technique is important.

Why jumping with the correct technique is so important.



EYFS - To express what they have done.



EYFS- pupils to explore running.

