**Assessment**

**Athletics Key Stage 2**

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| **Year 3** | **Running** | | | | **Jumping** | | **Throwing** | | | |
| **Name** | Use running in isolation and in combination. (Essential Skill) | Develop flexibility, technique, control and balance in the context of running for speed. (Essential Skill) | Understand the technique that can be used when running over obstacles. | Develop flexibility, technique, control and balance in the context of running for distance. | Use jumping in isolation and in combination. (Essential Skill) | Develop flexibility, technique, control, and balance in the context of jumping for height. (Essential Skill) | Use throwing and catching in isolation and in combination. (Essential Skill) | Develop flexibility, technique, control, and balance in the context of throwing for distance. (Essential Skill) | Develop the correct technique for a chest push throw. | Use running and throwing in isolation and in combination. |
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**Assessment**

**Athletics Key Stage 2**

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| **Year 4** | **Running** | | | | | **Jumping** | | | **Throwing** | | | |
| **Name** | Use running in isolation and in combination.  (Essential Skills) | Develop flexibility, technique, control and balance in the context of running for speed. | Develop flexibility, technique, control and balance in the context of running over obstacles. | Understand the technique that can be used when running over obstacles. | Develop flexibility, technique, control and balance in the context of running for distance. | Use jumping in isolation and in combination. | Develop flexibility, technique, control and balance in the context of jumping for distance. | Develop flexibility, technique, control and balance in the context of jumping for height. | Use throwing and catching in isolation and in combination. | Develop flexibility, technique, control and balance in the context of throwing for distance. | Develop the correct technique for a chest push throw. | Use running and throwing in isolation and in combination. |
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**Assessment**

**Athletics Key Stage 2**

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| **Year 5** | **Running** | | | | | | **Jumping** | | | **Throwing** | | | |
| **Name** | Use running and throwing in isolation and in combination. | Develop flexibility, technique, control and balance in the context of javelin throwing. | Use running, jumping, throwing and catching in isolation and in combination. | Develop flexibility, technique, control and balance in the context of dodging and sprinting. | Develop flexibility, technique, control, and balance when accelerating and decelerating. | Develop a pivot, dodge or weave to change direction quickly. | Use jumping in isolation and in combination; develop flexibility, technique, control and balance in the context of jumping for height. | Use jumping in isolation and in combination. | Develop flexibility, technique, control and balance in the context of jumping for distance. | Use throwing and catching in isolation and in combination. | Develop flexibility, technique, control and balance in the context of throwing for distance. | Develop the correct technique for when to release the object at the correct time to get the required amount of trajectory. | Develop flexibility, technique, control and balance in the context of javelin throwing. |
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**Assessment**

**Athletics Key Stage 2**

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| **Year 6** | **Running** | | | | **Jumping** | | | | **Throwing** | | | | | |
| **Name** | Use running in isolation and in combination. | Develop flexibility, technique, control, and balance in the context of dodging and sprinting. | Develop flexibility, technique, control and balance in the context of relay running. | Understand the different techniques that can be used in a relay race changeover and be able to perform these at speed during a race. | Use jumping in isolation and in combination; develop flexibility, technique, control and balance in the context of jumping for speed. | Develop flexibility, technique, control and balance in the context of standing triple jump. | Develop flexibility, technique, control and balance in the context of standing triple jump. | Understand the triple jump movements. | Use throwing and catching in isolation and in combination. | Develop flexibility, technique, control and balance in the context of throwing for distance. | Develop the correct technique for a chest push throw.  Use running and throwing in | | isolation and in combination. | Develop flexibility, technique, control and balance in the context of javelin throwing. |
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