**Assessment**

**Athletics Key Stage 1**

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| **National Curriculum: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of Athletics activities.** | **Year 1**  **Name** | Develop jumping skills, taking off and landing on different combinations of feet. | Run at speed and run at a steady pace, sometimes choosing the most appropriate. | Develop basic throwing and catching skills, beginning to increase the number of times they are successful. |
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