



Moving Matters Year 3 & 4 Athletics assessment		
All	Most	Some
<p>Run -Complete a straight sprint race against others.</p>	<p>Run Complete a 50m straight sprint race with consistent strides -Compete against others with stride length forming a regular pattern when running. Children to look forwards at the finishing point when running.</p>	<p>Run -Attempt the starting position in a sprint race. -Eyes facing forward, body in a crouching position with fingers pointing outwards</p>
<p>Jump -Complete a standing long jump -Feet together & jumping forwards, landing on two feet.</p>	<p>Jump -Children to bend knees when jumping to increase power & balance in the jump & when landing.</p>	<p>Jump -Attempt the correct order of steps in a triple jump -Child starts by walking/running towards a jumping area to attempt a hop, step & jump sequence. -Provide feedback on a partner's performance – how & what they can improve on.</p>
<p>Throw -Complete a push or pull throw with both javelin and shot putt -Shot placed into neck & a push extending throwing arm straight</p>	<p>Throw -Complete a javelin throw -Face sideways to throwing area, extend arm straight back & use a pull throw to bend elbow as the javelin is moved past throwers eye line.</p>	<p>Throw -Throw a javelin using a one stride run up -Child faces sideways, moves onto their toes & steps towards the throwing area, crossing their legs over before the release. -Throw a shot put from the neck with elbow level with their shoulder -Child should be able to see their elbow in line with their shoulder if they look to the side</p>



<p>Relay -Pass a baton to a teammate</p>	<p>Relay -Pass a baton to a teammate whilst moving at a moderate speed</p>	<p>Relay -Pass a baton to a teammate whilst moving at top speed</p>
<p style="text-align: center;">Endurance -Complete a distance run - Focus on pace control throughout the run (pace management)</p>		

Moving Matters Year 5 Athletics assessment		
All	Most	Some
<p>Run</p> <ul style="list-style-type: none"> -Complete a 50m straight sprint race with consistent strides -Compete against others with stride length forming a regular pattern when running. Children to look forwards at the finishing point when running. 	<p>Run</p> <ul style="list-style-type: none"> -Complete a 50m straight sprint race with consistent strides attempting the correct starting position. -Eyes facing forward, body in a crouching position with fingers pointing outwards. 	<p>Run</p> <p>Use the correct starting position in a sprint race & focus on using their legs to increase power during the start phase.</p> <ul style="list-style-type: none"> -Crouch down, fingers point outwards on the line, one foot forward with knee near the chest & back foot with the sole up.
<p>Jump</p> <ul style="list-style-type: none"> -Complete a standing long jump -Children to bend knees when jumping to increase power & balance in the jump & when landing. 	<p>Jump</p> <ul style="list-style-type: none"> -Complete the triple jump steps in order -Children can walk and progress to a running start in order to achieve the hop, step & jump sequence. 	<p>Jump</p> <p>Use the correct order of steps in triple jump with a landed jump.</p> <ul style="list-style-type: none"> -Start by running then a hop, step and jump. -Provide feedback on a partner's performance – how & what they can improve on.
<p>Throw</p> <ul style="list-style-type: none"> -Complete a push or pull throw with both javelin and shot putt -Shot placed into neck & a push extending throwing arm straight. 	<p>Throw</p> <p>Complete a javelin throw</p> <ul style="list-style-type: none"> -Face sideways to throwing area, extend arm straight back & use a pull throw to bend elbow as the javelin is moved past throwers eye line. <p>Complete a shot putt throw</p> <ul style="list-style-type: none"> - Shot is placed into the neck of the thrower, palm away from shot & a push throw is used. 	<p>Throw</p> <ul style="list-style-type: none"> -Throw a javelin using a one stride run up -Child faces sideways, moves onto their toes & steps towards the throwing area, crossing their legs over before the release. -Throw a shot put from the neck with their elbow facing backwards - Elbow of the child is level with shoulder & facing backwards as the child can start by facing sideways



<p>Relay</p> <p>-Pass a baton to a static teammate</p>	<p>Relay</p> <p>-Pass a baton to a teammate whilst moving at a moderate speed</p>	<p>Relay</p> <p>-Discuss as part of a team a running order for the baton relay with all children holding the baton correctly & change over within a certain area.</p>
<p style="text-align: center;">Endurance</p> <p style="text-align: center;">-Complete a distance run</p> <p style="text-align: center;">- Focus on pace control throughout the run (pace management)</p>		

Moving Matters Year 6 Athletics assessment		
All	Most	Some
<p>Run Complete a 50m sprint race using the correct starting position in a sprint race. -Crouch down, fingers point outwards on the line, one foot forward with knee near the chest & back foot with the sole up.</p>	<p>Run -Focus on pushing off with their feet and legs during the start phase to increase power. -Crouch down, fingers point outwards on the line, one foot forward with knee near the chest & back foot with the sole up.</p>	<p>Run -Focus on pushing off with their feet and legs during the start phase to increase power & attempt to develop a regular breathing pattern.</p>
<p>Jump -Complete the triple jump steps in order with a take-off & landed jump - Children can walk and progress to a running start in order to achieve the hop, step & jump sequence.</p>	<p>Jump -Complete the triple jump with a take-off & landed jump after measuring out their stride distance. - Children can run back from the jumping line to count 10 strides to measure a run up distance.</p>	<p>Jump -Complete the triple jump after measuring out their stride distance. - Children can run back from the jumping line to count 10 strides to measure a run up distance.</p>
<p>Throw -Throw a javelin using a one stride run up -Child faces sideways, moves onto their toes & steps towards the throwing area, crossing their legs over before the release. -Throw a shot put from the neck with their elbow facing backwards - Elbow of the child is level with shoulder & facing backwards as the child can start by facing sideways.</p>	<p>Throw Throw a javelin using a three-stride run up -Child faces sideways, moves onto their toes & steps towards the throwing area, crossing their legs over before the release. -Throw a shot put from the neck with their elbow facing backwards & bending back knee for extra power and balance. - Bend their back knee after taking up a sideways starting position.</p>	<p>Throw -Throw a javelin using a longer stride run up -Child faces sideways, moves onto their toes & steps towards the throwing area, crossing their legs over before the release using between 5-10 strides. -Throw a shot put from the neck with their elbow facing backwards & bending back knee with one stride run up for extra power and balance -Children to start with feet almost together, facing sideways then they step forward with their front foot, back knee remains bent & shuffles forward.</p>



<p>Relay</p> <p>-Pass a baton to a static teammate</p>	<p>Relay</p> <p>-Pass a baton to a teammate whilst moving at a moderate speed</p>	<p>Relay</p> <p>-Discuss as part of a team a running order for the baton relay with all children holding the baton correctly & change over within a certain area.</p>
<p style="text-align: center;">Endurance</p> <p style="text-align: center;">-Complete a distance run</p> <p style="text-align: center;">- Focus on pace control throughout the run (pace management)</p>		