

Athletics

Running for speed competition

Running for distance competition

Throwing competition

Jumping competition

Part 7

Respect

Evaluation

Self Motivation

Part 6

Athletics

Finishing a race

Evaluating our performance

Sprinting: My personal best

Relay changeovers

Introduce the Shot Put

Introducing the hurdles

Athletics

Develop running at speed

Exploring our stride pattern

Exploring running at pace

Understand and apply tactics when running for distance

Introduce the Javelin

Standing triple jump

Part 5

Integrity

Resourcefulness

Self Discipline

Reflection

Decision Making

Responsibility

Communication

Trust

Part 4

Athletics

Explore running for speed

Explore acceleration

Introduce /develop relay: Running for speed in a team

Throwing: Accuracy vs distance

Standing long jump

Cooperation

Encouragement

Problem Solving

Resilience

Part 3

Locomotion: Jumping

Consolidate jumping

Apply jumping into a game

Explore jumping combinations

Develop jumping combinations

Courage

Empathy

Self Belief

Concentration

Imagination

Part 2

Locomotion: Running/Jumping

Explore running

Running for speed: Acceleration

Explore running in a team

Develop jumping

Explore how jumping affects our bodies

Gratitude

Curiosity

Fairness

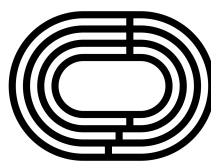
Honesty

Part 1

Locomotion: Walking/Jumping

Explore/develop jumping

Sustain walking



Athletics

Learning Ladder