



PE		Year 3	
Focus: Athletics			
Age related vocabulary			
Personal best	The best time or score ever achieved by a sports player in a particular event.		

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can develop jumping for distance.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can take part in a relay activity, remembering when to run and what to do.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can throw a variety of objects, changing my action for accuracy and distance.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can use different take off and landings when jumping.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can use key points to help me improve my sprinting technique.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show determination to achieve my personal best.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • Sprint on the balls of your feet moving your hands from pocket to mouth. • Hold the bottom of the relay baton for smooth changeovers. • Run to the receiving side of your teammate when passing the baton on. • Jump with balance and control by bending your knees at take off and landing. • Keep looking straight ahead when you jump. • Step forward as you throw to create power. • Transfer your weight from your back to your front leg.



PE		Year 4	
Focus: Athletics			
Age related vocabulary			
Pace	Is the speed in walking, running, or moving.		

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can develop jumping for distance with balance and control.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can take part in a relay activity, remembering when to run and what to do.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can throw with some accuracy and power to a target area.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can jump for distance with balance and control.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can support and encourage others to work to their best.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show determination to achieve my personal best.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • Sprint on the balls of your feet moving your hands from pocket to mouth. • Hold the bottom of the relay baton for smooth changeovers. • Run to the receiving side of your teammate when passing the baton on. • Jump with balance and control by bending your knees at take off and landing. • Keep looking straight ahead when you jump. • Step forward as you throw to create power. • Transfer your weight from your back to your front leg.