



# Lesson 1&2

# speed distance strength

## How I can be successful...



move

I can master running, jumping and throwing skills within athletic activities.



solve

I can justify the importance of speed, distance and strength in specific athletic activities.



connect

I can modify activities to stretch my level of challenge.



# Lesson 3&4

# speed distance strength

## How I can be successful...



move

I can master the use of activity-specific athletic techniques.



solve

I can justify which athletic techniques bring me the most success.



connect

I can challenge myself and others to improve personal bests.



Masterful  
mover



Skilful  
solver



Confident  
connector

# Lesson 5&6

# speed distance strength

## How I can be successful...



move

I can master the use of activity-specific athletic techniques.



solve

I can justify why some techniques are best suited to specific athletic activities.



connect

I can support others by providing specific feedback to improve performance.



Masterful  
mover



Skilful  
solver



Confident  
connector