

Lesson 1&2

speed distance strength

How I can be successful...



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



I can explain how speed, distance and strength relate to the athletic activities.



I can select an appropriate level of challenge for myself.

Skilful
solver

Confident
connector

Masterful
mover



Lesson 3&4

speed distance strength

How I can be successful...



move

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



solve

I can explain which athletic techniques used bring me the most success.



connect

I can collaborate and compete successfully with others.



speed distance strength

How I can be successful...



move

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



solve

I can explain which techniques are best suited to specific athletic activities.



connect

I can set ambitious goals for myself and others to achieve.



Masterful
mover



Skilful
solver



Confident
connector