

## PROGRESS-O-METER TARGET

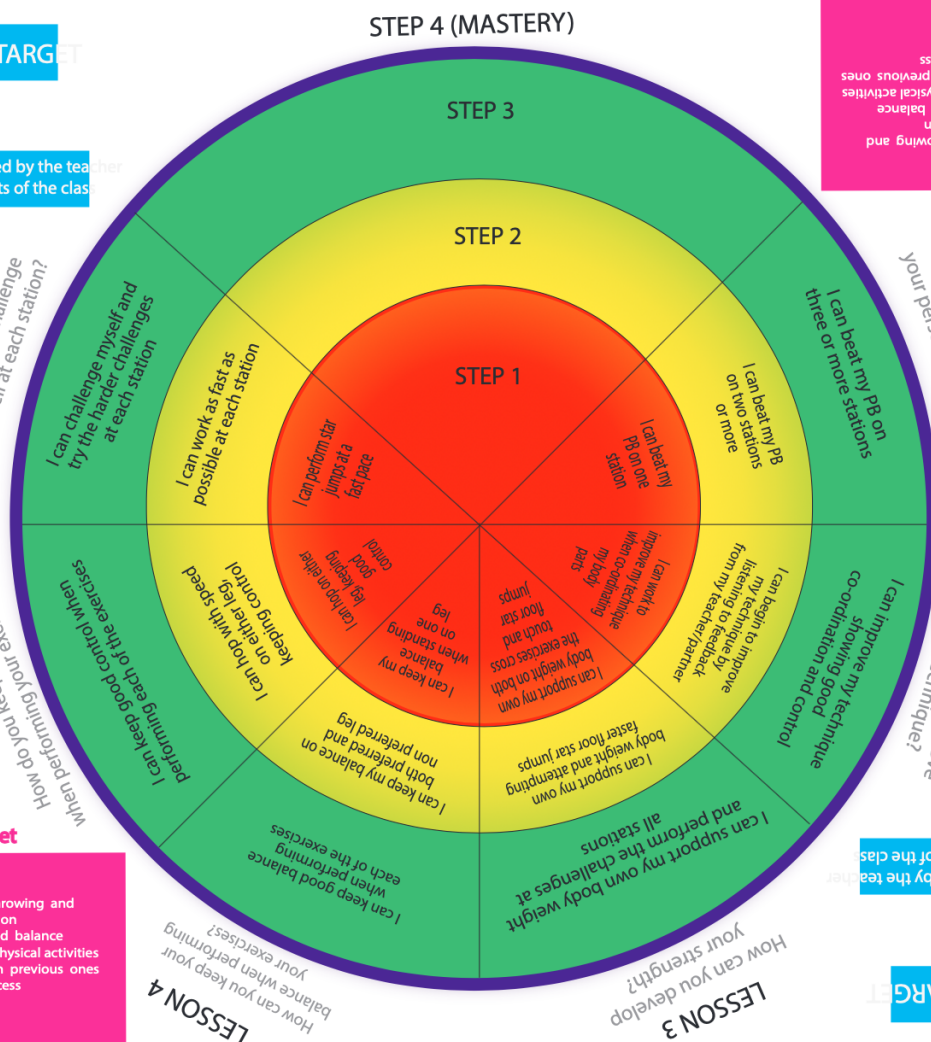
### FITNESS YEAR 4

This framework should be adapted by the teacher to meet the learning requirements of the class



#### Year 4 Attainment Target

- Can begin to use running, jumping, throwing and catching in isolation and in combination
- Has to developed flexibility control and balance
- Can communicate with others during physical activities
- Can compare their performances with previous ones
- Can begin to recognise their own success



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