**ATHLETICS**

**Part 1 – Skills (10 Marks)**

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| Mark | **Sprinting** | **Hurdling** | **Middle Distance** | **Jumping** | **Throwing** |
| **9-10** | I can consistently use a sprint start and dip finish with precision. I can generate power and speed with an effective and consistent arm and leg action. | I can effectively use an efficient hurdling action, showing correct lead, trail leg and body position over the hurdle. I sprint efficiently and maintain pace both on the flat and over the hurdle.  | I can demonstrate an efficient running technique consistently. I am able to change pace when it is required in a race depending on the position of opponents or for a sprint finish.  | I can perform jumps showing that run up generates speed and that my take off is accurate. I am able to use the correct technique during flight and land correctly.  | I can perform throws showing the correct grip, stance and movement into the throwing action. I can also release, follow through and recover correctly.  |
| **7-8** | I can use a sprint start use a dip finish consistently and regularly produce the intended outcome. I can consistently perform an effective arm and leg action to create an effective speed.  | I can perform an effective hurdling action consistently and regularly produce an effective outcome. I use an effective sprint action between the hurdles to create power and speed.  | I can perform an effective and efficient arm and leg action to maintain pace throughout the race. I can conserve energy to then change pace when this is required most of the time.  | I can perform all three jumps, showing good technique through the three phases. I can generate speed on the run up, power on the take off and land correctly most of the time.  | I can perform all three throws, showing good technique through the three phases. I generate momentum before the release to increase the thrown most of the time.  |
| **5-6** | I understand the start and finish rules and techniques. I can use a sprint start and the dip finish with good technique most of the time. I can use an effective arm and leg action to create consistent speed.  | I can use a basic hurdling action with good technique most of the time. I can perform the front and trail leg action and lower my upper body to attempt to be more aerodynamic over the hurdle.  | I understand the technique required to create and maintain an appropriate pace. I can effectively demonstrate this throughout the race and attempt to change pace when necessary. This is not always consistent.  | I can perform at least two of the jumps with good technique; showing speed on the run up and power on take off. I can land safely and effectively to gain the best possible outcome most of the time.  | I can perform at least two of the throws with good technique; showing accurate grip and stance, movement into the throw and follow through most of the time.  |
| **3-4** | I understand the start and finish rules and techniques. I can perform a standing start with some success. I can use a basic arm and leg action to create an appropriate pace.  | I can attempt the front and trail leg action of the hurdling technique with some success. I can use a basic sprinting action between hurdles to create an appropriate pace.  | I understand the correct arm and leg action required and breathing technique to be efficient. I try to maintain an appropriate pace, but this is not always consistent.  | I can perform the basic technique for the take off and flight phase of the jumps. I sometimes struggle to combine this with a run up. | I can perform a basic technique for the shot and javelin throw. I can use a basic grip and stance, but I struggle to combine movement into the throw. |
| **1-2** | I understand the start and finish rules and techniques. I can use a basic arm and leg action; this is not always at an appropriate and consistent pace.  | I understand the hurdling technique. I can occasionally perform the front leg action. I try to use a sprint technique between hurdles but this is not always at an appropriate pace.  | I understand how to approach a middle distance race and how to maintain a consistent pace throughout. I try to apply this to a race, but I struggle to maintain this for the whole distance.  | I understand the three phases of the jump events. I can attempt to perform these, but I often lack speed and power to generate height or distance on the jump.  | I understand the rules and techniques of the throwing events. I attempt to perform these, but action is not always correct and I lack distance in my throw. |

**Part 2 – Competitive Situation (15 Marks)**

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| **13-15** | I show that I can effectively make tactical and strategic decisions to maximise performance in both events over other competitorsI am able to sustain high level technique, accuracy and consistency in my performanceI am able to apply technique and tactics, and I am usually success in maximising my potential to excel against other very high ability competitors.  |
| **10-12** | I show that I can usually make effective tactical and strategic decisions to gain an advantage over other competitorsI am usually able to demonstrate high level technique, accuracy and consistency in my performanceI am able to apply the most appropriate technique and tactics. I often maximise my potential to excel against other high ability competitors.  |
| **7-9** | At times, I show that I can make successful tactical decisions to gain an advantage over other competitors more so in one event.I am sometimes able to demonstrate correct technique and accuracy although I sometimes lack consistency in my performanceI have some ability to apply the appropriate technique and tactics to succeed against good but not high ability competitors. I sometimes maximise my potential.  |
| **4-6** | At times, I show some ability to make tactical decisions to gain an advantage over other competitors, but this is not very consistent.I show some technique and accuracy in my performance and there are obvious weaknesses.I occasionally have some ability to apply the appropriate technique and tactics. I occasionally maximise potential. I still find it hard to succeed against proficient competitors. |
| **1-3** | I show limited ability to perform in two athletic categories to gain an advantage over other competitorsI show limited technique in my performance, it lacks accuracy and there are obvious weaknesses.I show limited ability to apply the appropriate technique and tactics, rarely maximising potential against low level competitors. |