ATHLETICS - ASSESSMENT

Aspect	Running					Jumping					Throwing					Knowledge & Understanding				
Level Descriptor	I can run at different speeds	I can change speed & direction whilst running	I can run at a speed appropriate to the distance I am running	I can improve and sustain running technique at different speeds	I can demonstrate good control, strength, speed & stamina in a variety of athletic events	I can jump from a standing position	I can jump accurately from a standing position	I can take a running jump	I can demonstrate accuracy & technique in a range of throwing & jumping actions	I understand how to apply athletic skills & tactics to the competitive situation	I can throw an object with one hand	I can throw a variety of objects with one hand	I can demonstrate a range of throwing actions using a variety of objects	I can identify & explain good athletic performance	I can explain how to improve technique in a variety of events	I can recognise changes in the body during exercise	I can recognise a change in temperature & heart rate during exercise	I can recognise a change in heart rate, temperature and breathing rate	I can describe the changes in my body when running, jumping & throwing	I understand & can explain the short & long term effects of exercise, and I understand the need for specific warm up& cool down
Level	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5