

HHS PE Faculty

KS3 PE Assessment: Year 7 Athletics

Athletics	Knowledge, Skills, Understanding
Higher	<p>Define the key terms used in athletics (e.g. acceleration, momentum, speed and power) and explain how they apply to each event.</p> <p>Explain key technical points & skills required for each of the main events.</p> <p>Demonstrate effective take-off flight and landing technique during jumps with a full run up.</p> <p>Demonstrate effective stance, movement and throwing action during throws with a full run up.</p> <p>Demonstrate an understanding of the rules of each event.</p> <p>Analyse and evaluate their own and others performance, identifying appropriate suggestions of areas of strength and how to improve.</p> <p>Lead appropriate warm-up/cool-down activities and demonstrate an understanding of the importance of warm up/cool down activities.</p>
Intermediate	<p>Understand the key terms used in athletics (e.g. acceleration, momentum, speed and power).</p> <p>Explain some technical points & skills required for each of the main events.</p> <p>Demonstrate basic take-off flight and landing technique during jumps with a short approach.</p> <p>Demonstrate basic grip, stance and throwing action during throws with a short approach.</p> <p>Demonstrate a knowledge of the rules of each event.</p> <p>Analyse their own and others performance, and identify appropriate suggestions of areas of strength and how to improve.</p> <p>Plan and run appropriate warm-up with appropriate dynamic/static stretches.</p>
Foundation	<p>Have a basic understanding of key terms used in athletics (e.g. acceleration, momentum, speed and power).</p> <p>Identify the basic technical points & skills required for each of the main events.</p> <p>Demonstrate basic take-off and landing technique during standing jumps.</p> <p>Demonstrate basic grip, stance and throwing action during a standing throw.</p> <p>Participate in sprinting & endurance running events.</p> <p>Comment on their own and others performance, making simple suggestions of areas of strength and how to improve.</p> <p>Participate in warm-up activities led by someone else and identify appropriate dynamic/static stretches.</p>

NB: 'can' = understanding, 'able to' = skills