

HHS PE Faculty

KS3 PE Assessment: Year 8 Athletics

Athletics	Knowledge, Skills, Understanding
Higher	<p>Pupils: Can define the key terms used in athletics (e.g. acceleration, momentum, speed and power) and use them to analyse performance in each event. Are able to explain key technical points & skills required for each of the main events. Can demonstrate effective take-off flight and landing technique during jumps with a full run up. Can demonstrate effective stance, movement, throwing action and release during throws with a full run up. Are able to compete in sprinting & endurance running events demonstrating correct posture and arm/leg action and some understanding of tactics to overcome opponents. Demonstrate an understanding of the rules of each event. Can effectively analyse and evaluate their own and others performance, identifying appropriate suggestions of areas of strength and how to improve. Are able to lead appropriate warm-up/cool-down activities and demonstrate an understanding of the importance of warm up/cool down activities. They can identify specific muscles/muscle groups that are used in each event.</p>
Intermediate	<p>Pupils: Can define the key terms used in athletics (e.g. acceleration, momentum, speed and power) and explain how they apply to each event. Are able to explain key technical points & skills required for each of the main events. Can demonstrate effective take-off flight and landing technique during jumps with a full run up. Can demonstrate effective stance, movement and throwing action during throws with a full run up. Demonstrate an understanding of the rules of each event. Can analyse and evaluate their own and others performance, identifying appropriate suggestions of areas of strength and how to improve. Are able to lead appropriate warm-up/cool-down activities and demonstrate an understanding of the importance of warm up/cool down activities.</p>
Foundation	<p>Pupils: Understand the key terms used in athletics (e.g. acceleration, momentum, speed and power). Are able to explain some technical points & skills required for each of the main events. Can demonstrate basic take-off flight and landing technique during jumps with a short approach. Can demonstrate basic grip, stance and throwing action during throws with a short approach. Demonstrate a knowledge of the rules of each event. Can analyse their own and others performance, and identify appropriate suggestions of areas of strength and how to improve. Are able to plan and run appropriate warm-up with appropriate dynamic/static stretches.</p>

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