

HHS PE Faculty

KS3 PE Assessment: Year 9 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. Are able to demonstrate complex technique with consistency in jumps & throws. They demonstrate a high level of performance. Are able to compete in sprinting & endurance running events demonstrating correct technique and a good understanding of tactics. Demonstrate an understanding of the rules of each event and are able to officiate. Can effectively analyse and evaluate their own and others performance. Are able to coach others to improve their performance. Are able to lead effective warm-up/cool-down activities and demonstrate an understanding of the importance of warm up/cool down and activities. They can identify specific muscles/muscle groups that are used in each event. Can identify some aspects of components of fitness and principles of training.</p>
Intermediate	<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. Are able to demonstrate effective technique with fluency and control in jumps & throws with a full run up and follow through. Are able to compete in sprinting & endurance running events demonstrating correct technique and some understanding of tactics. 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>
Foundation	<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. Are able to demonstrate effective technique in jumps & throws with a full run up and follow through. Are able to compete in sprinting & endurance running events demonstrating correct technique and a basic understanding of tactics. 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>

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