

# Athletics PE Assessment

TOTAL SCORE (25)	On Track Indicator	Grade Descriptions
24-25		Students are able to perform a range of event-specific techniques with control.
22-23		Students understand the rules and tactics of different events (as for level 6).
20-21		Students' physical capacity (i.e. speed, stamina, strength and flexibility) is sufficient to cope with the demands of the activity.
19		Students are able to use a range of controlled techniques with stamina, speed and power.
18		Students can adapt these to cope with different situations, e.g. adverse weather conditions.
17		Students understand the rules and tactics of different events (as for level 6).
16		Students' physical capacity (i.e. speed, stamina, strength and flexibility) is sufficient to cope with the demands of the activity.
15		Students are able to use a technique for a stage in the race, e.g. a sprint start.
14		When students jump and throw, they use the correct techniques throughout.
13		Students understand the rules and tactics of different events.
12		More than one area of their physical capacity (i.e. speed, stamina, strength and flexibility) is developed to cope with the demands of the activity.
11		Students are able to do some track and field events correctly.
10		Students can tell which type of fitness is needed for each event.
8-9		One area of their physical capacity (i.e. speed, stamina, strength and flexibility) is developed to cope with the demands of the activity.
6-7		Students are able to run, jump and throw quite easily, although their technique is weak.
5		Students understand some basic athletics tactics, e.g. what is involved in a relay race, or how to pace themselves in a middle-distance race.
3-4		Students have limited physical capacity (i.e. speed, stamina, strength and flexibility) to cope with the demands of the activity.
1-2		Students are able to run, jump and throw but their technique is poor.
		Students understand some basic athletics tactics but usually get the pacing wrong in running events.
		Students are developing the physical capacity (ie speed, stamina, strength and flexibility) to cope with the demands of the activity.