

ATHLETICS

AVERAGE GRADE YOU SHOULD BE AIMING FOR EACH YEAR GROUP

		Y7	Y8	Y9	Y10	Y11
8-10 Top GCSE student	Excels in a range of athletic techniques, understands strategies to improve performance when competing					
7	Able to replicate techniques to a high level and confidently compete in a wide range of events showing a sound knowledge of the relationship between fitness, technique and strategy. Can work independently on own training program and monitor performance. Can adapt and modify technique through analysis of their and own others performance.					✓
6	Replicate techniques in a wide range of events whilst demonstrating a good understanding of the principles of effective athletic performance. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve.				✓	
5	Demonstrate clear repetition of techniques in all events and can explain the different demands of various events. Can adapt and change technique and identify ways to improve including tactics and strategies. Can identify good performances.			✓		
4	Good replication of skills across all 3 areas and applies a reasonable knowledge of the underpinning principles related to athletics. Can describe parts of their performances which are effective and explain what they can improve with practice. Can describe the effects of athletic exercise on their body.		✓			
3	Can accurately replicate techniques for running, jumping and throwing activities. Can identify some of the basic principles of technique. Reasonable success across all athletic disciplines and begins to set achievable goals for future events. Can comment on some of the factors which make an effective performance.	✓				
2	Can demonstrate some success on how to perform the varied techniques required in athletics. Have an idea of what factors are required to perform the techniques, strength, power, speed.					
1	Have difficulty competing in all events and show little understanding of how to perform the techniques. They have limited success in all events and show little understanding of factors required to succeed.					