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|  | **Athletics assessment Matrix for learning** | | | | | |
| **WHAT**  Is being assessed? | **HOW** will it look at each stage of development? | | | | |
| **Bronze** | **Silver** | **Gold** | **Platinum** | |
| **DOING: Throws**  *(Physically competent, expert techniques, effective performance)* | Discus  Shot Putt  Javelin | I can demonstrate effective technique during stationary throws  I perform the shot putt technique correctly from a standing position  I can demonstrate a basic grip when performing a standing throw in javelin | I can demonstrate good flight when throwing the discus  I can release the shot putt at the correct angle  I use the correct grip and begin to add movement to my throw but may lack speed | I can demonstrate speed and aggression in the turn before release  I perform the shuffle across the circle before I throw  I show some speed in my run up and release the Javelin at a good angle | I can drive my hips to perform a powerful release and I reach the correct delivery position at the front of the circle  I can perform the glide across the circle before I throw  I can display all three phases and perform from a full approach |
| **DOING: Jumps**  *(Physically competent, expert techniques, effective performance)* | Long Jump  Triple Jump  High Jump | I can takeoff on the board and and land with feet together  I can perform the three phases but lack distance in the step phase  I can perform the scissor kick and am beginning to perform the Fosbury flop  **.** | I perform the stride technique but may still lack height on take-off  I lack rhythm in the phases and lose speed throughout the jump  I show some knee drive with my leading leg and show an arch in my back | I can stride and hang in flight and begin to demonstrate a good leg shoot  I can demonstrate very good rhythm and my step contributes more to the compete jump  my leading arm rises above the bar and hips are pushed upwards to aid with my clearance | I can perform stride, hang and hitch kick in flight and my body weight is pushed forward or sideways on landing  I can perform three phases well with good use of the arms, knee lift and drive off the ground  I can demonstrate excellent rhythm and aggression at take off |
| **DOING: Runs**  *(Physically competent, expert techniques, effective performance)* | 100m/200m  400m  800m/1500m  Hurdles | I start from a standing position and demonstrate a low knee lift  I demonstrate tight shoulders and lack the arm drive  I can complete the whole race without stopping - I start to slow at the half way point  I can successfully clear hurdles however demonstrate high flight path | I can start from a crouch position and drive my arms  I demonstrate a stable head action, more relaxed in shoulders and my arms drive in rhythm with legs  I run at a constant pace through the race However this may slow towards the end of the race  I can demonstrate a lead and trial leg position over the hurdle | I drive out of the blocks and demonstrate high knee lift  I demonstrate good knee lift appropriate, Powerful leg drive and good technique on the bend  I run at a constant pace through the race and I can react to changes of pace  I attack the hurdles and demonstrate a low flight path | I can stay low for at least 10m and maintain technique for most of the race  I demonstrate good pace judgement throughout the phases and effective sprint finish  I have very good technique over full distance. I shows pace judgement by hitting certain markers in specified times and using tactics  I can demonstrate 3 step stride pattern in between the hurdles |

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| **THINKING**  *(effective performance, confident and interested)* | What makes a performance effective and how to apply these principles to their own and others’ work  Rules and regulations  Decision Making | * I can identify differences in my own and others’ performance and use the information to improve their performance * I have an awareness of the rules in some athletics events. | Explain strengths and limitations of their own and others’ performance and suggest practices that aim to improve performance  Demonstrates consistent understanding of different events and when to use specific skills. | Analyse individual performance suggesting practices and tactics that improve performance  - Secure understanding of rules governing athletics  Adapts effectively but inconsistently to changes in a competitive situation to increase chances of winning. | Analyse performance compared to previous ones suggesting how to vary technique in order to perform at maximum levels.  - Secure understanding of rules  - Excellent timing and demonstration of movement  Consistent communication during the full sided game with effective impact, with few, if any, misjudgements.  Responds effectively to environmental conditions.  Applies tactical changes effectively and consistently in response to the opposition’s actions, with few, if any, misjudgements.  Adapts effectively and consistently to changes in a  competitive situation to increase chances of winning. |
| **BEHAVIOUR**  *(Benefits of physical activity, confident and interested)* | Attitude for learning  Officiating and leadership  Inter and intra personal skills  Healthy active lifestyles | Attends with kit or brings a note if injured or unwell (85% attendance); finds aspects of the lesson difficult and challenging but perseveres.  Identify 2 mental, physical and social benefits of participation in athletics | On task throughout the lesson; always attends with kit; uses initiative; offers to help and seeks responsibility; leads warm-ups and cool downs.  Can identify components of health related and skill related fitness applicable to athletics | Attends extra-curricular athletics club and represents the school.  Can design warm ups and cool downs specific for football. Can devise athletics activities in order to develop cardiovascular fitness, speed, muscular endurance. | Involved in a club and competes outside of school.  Actively develops personal fitness for football  A role model to younger students, leads groups at athletics club, officiates events and has committed involvement in inter and intra school athletics/  Club athlete, competes at regional level  Actively develops personal fitness for athletics |