

# Get Skilled, Get Moving -Teacher 2016

Mar king Criteria PLC	E/1	D/2	C/3	B/4	A/5	Total
<b><u>Movement Competencies</u></b>  <b><i>Object Control</i></b>	Limited skill technique:  Propels an object with force towards an object.	Basic skill technique:  Propels an object with force towards an object. Demonstrates ready position for skills.	Sound skill technique:  Uses correct body position and follow through when propelling and receiving objects.	Very good skill technique:  Refines stability and object control skills in controlled physical activity contexts to improve efficiency.	Excellent skill technique:  Performs object control with control and precision in a variety of context.	
Throw						/5
Catch						/5
Kick						/5
Two-handed Strike						/5
						/20
<b><i>Locomotor Skills</i></b>	Demonstrates ready position for skills. Moves rhythmically from one point to another.	Demonstrates introductory components of skill. Inconsistencies with landing positions.	Usually shows correct coordination of arms and legs to propel the body.	Refines locomotor skills in controlled physical activity contexts to improve efficiency	Performs locomotor skills with control and precision in a variety of context.	
Sprint Run						/5
						/25

Marking Criteria PLC	E/1	D/2	C/3	B/4	A/5	Total
<u><b>Motivation and Behavioural skills</b></u>  <b>Values and attitudes</b>	Participates in physical activity that they enjoy.	Recognises that participation in physical education is important for health and wellbeing.	Participates in physical activity with confidence.	Participates in physical activity with confidence and purpose.	Evaluates/Recognises the contribution of regular physical activity to well-being, health and fitness level.	/5
<b>Cooperation and communication</b>	Demonstrates willingness to work with a partner during activity.	Listens to others and communicates during activities.	Offers positive suggestions. Cooperates when working in a group. Identifies situations where it is appropriate to adopt a role.	Actively involves others in physical activity. Participates and takes responsibility for own actions in a group. Adopts roles.	Interacts confidently with others. Makes individual compromises based on strengths of self. Supports and encourages the involvement of others/teammates.	/5
Total						/35

Throw	1. Eyes focused on target area throughout the throw	2. Stands side on to target area	3. Throwing arm moves in a downward and backward arc	4. Steps towards target and with foot opposite	5. Hips then shoulders rotate forwards	6. Throwing arm follows through, down and across the body	
Catch	1. Eyes focused on the object throughout the catch	2. Feet move to place the body in line with the object	3. Hands move to meet the object	4. Hands and fingers relaxed and slightly cupped to catch the object	5. Catches and controls the object with hands only (well-timed closure)	6. Elbows bend to absorb the force of the object	
Kick	1. Eyes focused on the ball throughout the kick	2. Forward and sideward swing of arm opposite kicking leg	3. Non-kicking foot places beside the ball	4. Bends knee of kicking leg at least 90 degrees during the back swing	5. Contacts ball with top of the foot (a shoelace kick) or instep	6. Kicking leg follows through high towards the target area.	
Two-handed strike	1. Stands side-on to target area	2. Eyes focused on the ball throughout the strike	3. Hands next to each other. Bottom hand matches the front foot	4. Steps towards target area with front foot	5. Hips then shoulders rotate forward	6. Ball contact made on front foot with straight arms	7. Follows through with bat around the body
Sprint Run	1. Lands on balls of foot	2. Non-support knee bends at least 90 deg. during the recovery phase	3. High knee lift (thigh almost parallel to the ground)	4. Head and trunk stable, eyes focused forward	5. Elbows bent at 90 degrees	6. Arms drive forward and back in opposition to the legs	