

CHELTENHAM GIRLS' HIGH SCHOOL



YEAR 9 PDHPE ASSESSMENT TASK No. 1

TOPIC: Athletics- Track and Field Skills

TYPE OF TASK: Individual Skills Assessment –
Track and Field – 6 weeks duration

ASSESSMENT DATES:

- Ongoing assessment for duration of unit
- Teacher observations will also be subjective in nature
- Inter class competition - Lessons 7, 8 and 9 where possible and if appropriate

WEIGHTING:

25%

OUTCOMES TO BE ASSESSED:

Demonstrates athletics skills in complex and challenging contexts
Confidently uses movement to satisfy personal needs and interests

TASK OUTLINE:

Athletics – learn the correct technique for running, throwing and jumping

- Identify coaching points for running, throwing and jumping events
- Learn and perform sprint starts, sprint and long distance running, relay exchange, throwing implements such as javelin and shot put and being able to either perform or simulate jumping skills for hurdling, long jump, triple jump and high jump events
- Demonstrate correct technique during lesson time and in competition.

It is expected that students will show improvement over the course of the unit. You will be assessed on how you progress/ how you apply verbal and non-verbal forms of feedback.

PREPARATION:

- ✓ Be prepared for all lessons with correct PE uniform.
- ✓ See your teacher if you are having any difficulty with this task.

WHAT TO DO IF YOU ARE ABSENT:

If you are absent on the scheduled dates, you must submit a school Misadventure Form with a medical certificate to Miss Harriman (HT PDHPE) on your first day back at school.

Good luck Year 9!

Cheltenham Girls' High School

Year 9 PDHPE Athletics- Track and Field Assessment

Name: _____

Class: _____

- Students may be exposed to some or all track and field disciplines.
- Coaching points will be based on YouTube stimulus as well as additional stimulus provide by your teacher.
- Assessment based on completion of the tasks listed below and (both subjective and objective) observation of students as they perform and compete against each other.
- Criteria to be used for assessment throughout the unit.

ASPECT		RUNNING						
		Skill Performance	Specific Skill Execution	Limited skill technique 1	Basic skill technique 2	Sound skill technique 3	Very Good skill technique 4	Excellent skill technique 5
MOVEMENT COMPETENCIES Involves developing proficiency in object control, stability and locomotor skills to sequence movement in a wide variety of physical activity settings.	Locomotor Skills	Run length of oval (50m sprint)	1. Starts – correct technique 2. Opposite Arms and legs move together 3. Body slightly forward 4. Lean forward to finish line	Consistently missing 3-4 elements of technique	Consistently missing 2-3 elements of technique	Minor flaws in technique in 2 areas.	High level of technique in all areas Minor flaws	Excellent technique in all areas
		Run 1 lap of oval (200m)						
		Run 4 laps of oval						

	Combinations	<p>1. Starts – correct technique</p> <p>2. adopts a sprint style</p> <p>3. carries and passes baton using correct method</p> <p>4. shows correct technique as an incoming/out-going runner for a 'sprint relay'</p>	<p>Relay running and baton exchange for 4 x 100m</p> <p>Students may compete against other 'teams' in an oval run / anti-clockwise.</p> <p>The exchange should be RLRL</p> <p>Incoming runner 'calls' hand and places the baton into the outgoing runners hand</p> <p>Outgoing runner is moving as the incoming runner approaches. The outgoing runner is now facing and looking down the lane.</p>	<p>Consistently missing 3-4 elements of technique</p> <p>-problem with baton placement</p> <p>-problem with exchange</p> <p>-not calling hand</p> <p>-dropping the baton</p>	<p>Consistently missing 2-3 elements of technique</p> <p>-may have some success with the exchange of transferring the baton however there are additional aspects that can be rehearsed</p>	<p>Minor flaws in technique in 2 areas.</p> <p>Able to demonstrate correct technique for some/most aspects of relay running and exchange</p> <p>May have slight flaws with incoming and outgoing exchange</p>	<p>High level of technique in all areas</p> <p>Minor flaws</p> <p>Appears to be confident in incoming and outgoing baton exchange</p> <p>Calls 'hand'</p> <p>Carries baton correctly</p> <p>Maintains speed</p> <p>Competitive in their approach</p>	<p>Excellent technique in all areas</p> <p>Flawless</p> <p>RLRL hand</p> <p>Maintains speed throughout run</p> <p>Maintains velocity as incoming runner comes into exchange zone</p> <p>Accelerates away from exchange once baton is transferred</p> <p>Correctly transfers baton to next runner or finishes strongly as the last runner.</p>
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THROWING

Skill Performance	Specific Skill Execution	Limited skill technique 1	Basic skill technique 2	Sound skill technique 3	Very Good skill technique 4	Excellent skill technique 5	
<p>MOVEMENT COMPETENCIES Involves developing proficiency in object control, stability and locomotor skills to sequence movement in a wide variety of physical activity settings.</p>	<p>Object control skills</p> <p>Shot Put</p> <p>Discuss</p> <p>Javelin</p>	<p>1. Correct hold</p> <p>2. Aim at 39-45 angle</p> <p>3. Extend arm after throw</p> <p>4. Correct leg technique</p>	<p>Limited skill technique:</p> <p>In all 3 throws</p> <p>Consistently missing 3-4 elements of technique</p>	<p>Basic skill technique:</p> <p>In all 3 throws</p> <p>Consistently missing 2-3 elements of technique</p> <p>Or a mixture of limited and sound technique across the throws</p>	<p>Sound skill technique:</p> <p>In all 3 throws</p> <p>Minor flaws in technique in 2 areas.</p> <p>Or a mixture of basic and very good technique across the throws</p>	<p>Very good skill technique</p> <p>In all 3 throws, (minor positioning flaws)</p> <p>Or Excellent technique in 2 throws and sound in 1.</p>	<p>Excellent skill technique</p> <p>In all 3 throw</p> <p>No Foul throws</p>

		JUMPING						
		Skill Performance	Specific Skill Execution	Limited skill technique 1	Basic skill technique 2	Sound skill technique 3	Very Good skill technique 4	Excellent skill technique 5
MOVEMENT COMPETENCIES Involves developing proficiency in object control, stability and locomotor skills to sequence movement in a wide variety of physical activity settings.	Stability Skills	1. Takes off on one foot	Practise and perform:	Completes skills, but with continuous errors.	Completes skills, but with little flow. Consistently missing 2-3 elements of technique Or a mixture of limited and sound technique across the throws	Completes skills, with occasional errors. Usually shows correct technique. Or a mixture of basic and very good technique across the throws	Completes skills, with good coordination and very few errors.	Completes skills with flow and without error.
		2. Leading leg approaches vertical	Long jump onto small crash mats					
		4. Bent legs on landing	Triple jump					
Comments:								