|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unit / topic | Working towards the skills and knowledge needed | Acquiring the skills and knowledge needed | On track with the skills and knowledge needed | Advancing the skills and knowledge needed | Extending the skills and knowledge needed |
| 1. Athletics yr7 | High Jump- run up lacks speed and rhythm. May land on the wrong part of their body.  Long Jump- run up will be slow, with no attack and height on take-off.  Throwing- To be able to follow the health and safety rules involved with throwing.to understand that the shot putt involves a pushing action. Stand correctly for a basic throw.  Track – I understand why you need to stay in lane for sprint races. Can show a good technique over different distances.  Can follow the commands take your marks, get set, and go.  Can watch a partner and say what is good about their performance. | High jump- run up shows some attack. Flight shows some technique but may still be crouched.  Long Jump- run up lacks speed and rhythm, no attack on take-off and no height gained.  Throwing- to hold the shot putt correctly with it touching my neck. To understand where you measure the shot putt from. Watch my partner and say what is good.  Track- I can use a standing start for a sprint race. I can pass and receive the baton but tend to be stationary. I can use a stop watch to time my partner. | High jump – take off lacks speed and attack. May be too close or too far from the bar. Flight shows some technique.  Long jump – I have an idea on how to set out my run up. Run up lacks speed. Take off has little attack.  Throwing- To throw the discus and it not to fly flat. To be able to identify weaknesses in others throws.  Track- I understand what is meant by pacing and can show in a drill, but not in a race. I understand why you run in the inside lane in middle distance running and can show in a race.  I can identify when a technique is being performed correctly and one that is weaker. | High jump- take off lacks attack, may be too close or too far away from the bar.  Long jump- I can set up my run by measuring the paces. Take off shows attack but not lift.  Throwing- understand that I need to use my legs to make the shot putt go further. To be able to transfer my weight when making a throw. Balance the discus in my hand and roll it off my fore finger.  Track- I have some understanding of pacing in long distances and can show this at times.  I can achieve a good body position when sprinting.  I can identify strengths and weakness in my partner’s performance. | High jump- run up shows correct shape and leading leg shows some drive upwards. Shows some attack  Long Jump- can show I have an idea of technique. Run up has speed and take off shows attack.  Throwing- I can consistently perform the shot putt using chin knee toe. Swing my arm in the correct technique, keeping the discus in my hand. Show how to hold the javelin using the correct technique.  Track- I have good understanding of pacing in long distances and can show this most of the time. I can use the correct technique when setting up for a sprint start.  I can identify some good and bad techniques and some basic changes to improve them. |
| 1. *Athletics Year 8* | High jump- run up shows some attack. Flight shows some technique but may still be crouched.  Long Jump- run up lacks speed and rhythm, no attack on take-off and no height gained.  Throwing- To throw the discus and it not to fly flat. To be able to identify weaknesses in others throws.  Track- I understand what is meant by pacing and can show in a drill, but not in a race. I understand why you run in the inside lane in middle distance running and can show in a race. | High jump – take off lacks speed and attack. May be too close or too far from the bar  Long jump – I have an idea on how to set out my run up. Run up lacks speed. Take off has little attack.  Throwing- understand that I need to use my legs to make the shot putt go further. To be able to transfer my weight when making a throw. Balance the discus in my hand and roll it off my fore finger.  Track- I have some understanding of pacing in long distances and can show this at times.  I can achieve a good body position when sprinting. I can identify strengths and weakness in my partner’s performance. | High jump- take off lacks attack, may be too close or too far away from the bar.  Long jump- I can set up my run by measuring the paces. Take off shows attack but not lift.  Throwing- I can consistently perform the shot putt using chin knee toe. Swing my arm in the correct technique, keeping the discus in my hand. Show how to hold the javelin using the correct technique.  Track- I have good understanding of pacing in long distances and can show this most of the time. I can use the correct technique when setting up for a sprint start. | High jump- run up shows correct shape and leading leg shows some drive upwards. Shows some attack.  Long Jump- can show I have an idea of technique. Run up has speed and take off shows attack.  Throwing- be able to measure the throws accurately. Throw the discus with good flight.to be able to release each piece of equipment at the right height most of the time.  Track- I can use a good sprint start technique. Show a good running technique and understand that I need to run through the finish line. | High jump- run up shows correct shape and leading leg shows some drive upwards with the assistance of the leading arm. Shows attack  Long Jump- good sprinting action in the approach, with attack at take off with legs becoming more forward.  Throwing- can perform the shot putt with a shuffle. Use a run up for the javelin throw and to be able to use a body twist for the discus.  Track- I can consistently perform a good starting technique. Start running at the correct time to receive the baton in the relay. Can identify strengths and weakness in others performance |
| 1. Athletics Year 9 | High jump – take off lacks speed and attack. May be too close or too far from the bar.  Long jump – I have an idea on how to set out my run up. Run up lacks speed. Take off has little attack.  Throwing- I can consistently perform the shot putt using chin knee toe. Swing my arm in the correct technique, keeping the discus in my hand. Show how to hold the javelin using the correct technique.  Track- I have some understanding of pacing in long distances. I can use the correct technique when setting up for a sprint start. | High jump- take off lacks attack, may be too close or too far away from the bar.  Long jump- I can set up my run by measuring the paces. Take off shows attack but not lift.  Throwing- be able to measure the throws accurately. Throw the discus with good flight.to be able to release each piece of equipment at the right height most of the time.  Track- I can use a good sprint start technique. Show a good running technique and understand that I need to run through the finish line. | High jump- run up shows correct shape and leading leg shows some drive upwards. Shows some attack.  Long Jump- can show I have an idea of technique. Run up has speed and take off shows attack.  Throwing- can perform the shot putt with a shuffle. Use a run up for the javelin throw and to be able to use a body twist for the discus.  Track- I can consistently perform a good starting technique. Start running at the correct time to receive the baton in the relay. Can identify strengths and weakness in others performances. | High jump- run up shows correct shape and leading leg shows some drive upwards with the assistance of the leading arm. Shows attack.  Long Jump- good sprinting action in the approach, with attack at take off with legs becoming more forward.  Throwing – can use the correct technique in all three events and understand the importance of a quick arm. To achieve good distances in two of the events.  Track – can show how to run the bend in the 200m, show a relaxed running style. Can describe the strength and weaknesses within own performance and suggest improvements. | High jump- run up shows correct shape with excellent rhythm, leading leg drives vigorously. Shows correct position in relation to the bar.  Long Jump- good sprinting action in the approach, with attack at take off with legs more forward.  Throwing- can use the correct technique in all three events achieving good distances.  Track- to show I have extensive knowledge of starting positions, technique and race tactics. |

|  |
| --- |
|  |