

### Physical Education KS3 Assessment Framework

	Beginning Grade 1	Working Towards Grade 2-3	Expected Grade 4-5	Exceeding Grade 6-7	Excelling Grade 8-9
<b>Athletics</b>	<p><b>I can:</b></p> <p>sprint without stopping for distances ranging from 75m – 200m.</p> <p>use my arms to increase your speed whilst sprinting.</p> <p>demonstrate a change of pace between sprinting and middle distance running.</p> <p>show a basic technique for throwing the shot discus or javelin with the correct weight as well as throwing a cricket/rounders ball.</p> <p>use my power in legs to gain greater distance in one of the throwing events.</p> <p>Perform a basic technique for either long, triple or high jump using a short run up and use my arms to get greater height when jumping.</p>	<p><b>I can:</b></p> <p>perform a crouch start when sprinting 100m.</p> <p>show that you use a high knee lift to increase speed when running.</p> <p>try to perform the hang technique in the long jump or final stage of the triple jump.</p> <p>drive your knee and arms up when taking off when jumping to increase height.</p> <p>perform the correct technique for discus and shot putt from a standing position and leave the throwing circle from the correct point.</p> <p>demonstrate push, pull and sling with some accuracy and consistency.</p>	<p><b>I can:</b></p> <p>change a relay baton using a push or sweep technique and you know what hand to receive the baton in depending on the incoming runner.</p> <p>use the Fosbury flop technique in the high jump.</p> <p>understand why driving my hips up in high jump is important.</p> <p>throw a javelin using a part/full run up and use a cross over step to get the optimum release position.</p> <p>throw from a standing position using the correct grips and they implement the throw with the correct angle and trajectory of release.</p>	<p><b>I can:</b></p> <p>can tactically pace an 800m or 1500m race.</p> <p>show that you can lengthen your stride pattern to increase my pace when running.</p> <p>demonstrate a smooth running action in both the sprinting and middle distances.</p> <p>demonstrate a variety of jumps, approaching the take off with control, style, timing and fluency. You can accurately measure a run up for 2 of either long, triple or high jump.</p> <p>adapt your run up to hit the board consistently in long and triple jump.</p> <p>throw discus, shot and javelin in a competitive situation with consistency.</p> <p>throw using a variety of technique including a good run up, twisting, turning and shifting.</p> <p>accurately measure attempts in throwing events.</p>	<p><b>I can:</b></p> <p>perform effectively in the sprint events in practice and in competition.</p> <p>... when sprinting you demonstrate an excellent style with high knee lift and forward drive.</p> <p>perform as part of a team in the relay using good technique at hand overs.</p> <p>start, marshal and officiate sprinting events.</p> <p>perform effectively in the jumping events.</p> <p>.... when jumping you approach the run up with confidence and control, demonstrating an excellent technique.</p> <p>use the hitch kick technique in long jump if you want to.</p> <p>perform effectively in the throwing events in practice and competition.</p> <p>perform all the fundamental skills under pressure to a high standard.</p>