



Year 8 PDHPE Athletics Assessment Task – 2025

TOPIC: Athletics	MARKS: /20
SUBMISSION REQUIREMENTS: Practical application during practical lessons throughout Term 1 & Term 2.	WEIGHTING: 25%

TASK DESCRIPTION:

The Athletics Assessment will involve participating in multiple athletics disciplines across Term 1 and Term 2. You will be assessed on 3 athletic activities, **Shot Put, Long Jump and Javelin (5 marks each)**, and your **overall participation** for the Athletics unit (5 marks). You will be given time to practice before being formally assessed. This will be completed in your PE practical lessons.

- You are required to **refine** and **apply** specialised movement skills of Shot Put, Long Jump and Javelin. You will participate in the events to **demonstrate** and enhance body control, body awareness, object manipulation and timing.
- You will be assessed on your movement skill and improvement in performance incorporating learnt techniques of the athletic events.

(5 Marks for each Athletic Discipline (15 Marks) & 5 Marks for overall participation)

OUTCOMES TO BE ASSESSED:

PD4-4 Refines, applies and transfers movement skills in a variety of dynamic physical activity contexts.

PD4-11 Demonstrates how movement skills and concepts can be adapted and transferred to enhance and perform movement sequences.

DIRECTIONAL VERBS

Refines: Make minor changes so as to improve

Apply: Use, utilise, employ in a particular situation

Demonstrates: Show by example

ASSESSMENT CRITERIA:

You will be assessed on your ability to:

- Demonstrate the correct technique when throwing a Shot Put - including; hand/finger position, stance, delivery and general effort and enthusiasm.
- Demonstrate the correct technique when throwing a Javelin - including; hand/finger position, stance, delivery and general effort and enthusiasm.
- Demonstrate the correct technique when performing a Long Jump - including; run up, foot position on the board, effort of take-off (jump) from the board, body position when landing in the pit.
- Shows skill development through effective participation when demonstrating the set task.

ASSESSMENT MARKING CRITERIA

Shot Put	Mark	Grade
<p>4.4 Refines, applies and transfers movement skills in a variety of dynamic physical activity contexts. 4.11 Demonstrates how movement skills and concepts can be adapted and transferred to enhance and perform movement sequences.</p>		
<p>Refines and applies outstanding movement skills in the Athletic Discipline of Shot Put by engaging successfully in skill sessions and demonstrating an in-depth understanding of feedback, applying it successfully to improve performance: <i>The student consistently performs the elements of Shot Put by applying the correct stance, holding of the shot put, throwing technique and release.</i></p>	5	A
<p>Refines and applies thorough movement skills in the Athletic Discipline of Shot Put by engaging successfully in skill sessions and demonstrating a thorough understanding of feedback, applying it successfully to improve performance: <i>The student consistently performs the elements of discus by applying the correct stance, holding of the Shot Put, throwing technique and release, although skill actions may be incorrect or incomplete.</i></p>	4	B
<p>Refines and applies sound movement skills in the Athletic Discipline of Shot Put by engaging in most skill sessions and demonstrating a sound understanding of feedback, applying it with some consistency: <i>The student performs the elements of discus by applying most of the elements including the stance, holding of the Shot Put, throwing technique and release, although skill inconsistencies in action do exist.</i></p>	3	C
<p>Refines and applies basic movement skills in the Athletic Discipline of Shot Put by engaging in some skill sessions and demonstrating a basic understanding of feedback, but applies it inconsistently in performance: <i>The student attempts to perform the elements of discus including the correct stance, holding of the Shot Put, throwing technique and release, although inconsistencies do exist in the actions.</i></p>	2	D
<p>Refines and applies limited movement skills in the Athletic Discipline of Shot Put with limited engagement in most skill sessions and demonstrating a limited understanding of feedback, applying it inconsistently and requiring frequent encouragement to perform: <i>The student attempts to perform the elements of discus including the correct stance, holding of the Shot Put, throwing technique and release, although many skill inconsistencies in action do exist.</i></p>	1	E
Non attempt	0	N
Long Jump	Mark	Grade
<p>4.4 Refines, applies and transfers movement skills in a variety of dynamic physical activity contexts. 4.11 Demonstrates how movement skills and concepts can be adapted and transferred to enhance and perform movement sequences.</p>		
<p>Refines and applies outstanding movement skills in the Athletic Discipline of Long Jump by engaging successfully in skill sessions and demonstrating an in-depth understanding of feedback, applying it successfully to improve performance: <i>The student consistently performs the elements of long Jump by applying the correct run up, take-off and landing.</i></p>	5	A
<p>Refines and applies thorough movement skills in the Athletic Discipline of Long Jump by engaging successfully in skill sessions and demonstrating a thorough understanding of feedback, applying it successfully to improve performance: <i>The student performs the elements of Long Jump by applying the correct run up, take-off and landing, although the skill actions may be incorrect or incomplete.</i></p>	4	B
<p>Refines and applies sound movement skills in the Athletic Discipline of Long Jump by engaging in most skill sessions and demonstrating a sound understanding of feedback, applying it with some consistency: <i>The student performs the elements of Long Jump by applying most of the elements including the run up, take-off and landing, although skill inconsistencies in action do exist.</i></p>	3	C
<p>Refines and applies basic movement skills in the Athletic Discipline of Long Jump by engaging in some skill sessions and demonstrating a basic understanding of feedback, but applies it inconsistently in performance: <i>The student attempts to perform the elements of Long Jump including the run up, take-off and landing, although inconsistencies do exist in the actions.</i></p>	2	D
<p>Refines and applies limited movement skills in the Athletic Discipline of Long Jump with limited engagement in most skill sessions and demonstrating a limited understanding of feedback, applying it inconsistently and requiring frequent encouragement to perform: <i>The student attempts to perform the elements of Long Jump including the run up, take-off and landing, although many inconsistencies in action do exist.</i></p>	1	E
Non attempt	0	N

Javelin 4.4 Refines, applies and transfers movement skills in a variety of dynamic physical activity contexts. 4.11 Demonstrates how movement skills and concepts can be adapted and transferred to enhance and perform movement sequences.	Mark	Grade
Refines and applies outstanding movement skills in the Athletic Discipline of Javelin by engaging successfully in skill sessions and demonstrating an in-depth understanding of feedback, applying it successfully to improve performance: <i>The student consistently performs the elements of Javelin by applying the correct stance, holding of the shot put, throwing technique and release.</i>	5	A
Refines and applies thorough movement skills in the Athletic Discipline of Javelin by engaging successfully in skill sessions and demonstrating a thorough understanding of feedback, applying it successfully to improve performance: <i>The student consistently performs the elements of discus by applying the correct stance, holding of the Javelin, throwing technique and release, although skill actions may be incorrect or incomplete.</i>	4	B
Refines and applies sound movement skills in the Athletic Discipline of Javelin by engaging in most skill sessions and demonstrating a sound understanding of feedback, applying it with some consistency: <i>The student performs the elements of discus by applying most of the elements including the stance, holding of the Javelin, throwing technique and release, although skill inconsistencies in action do exist.</i>	3	C
Refines and applies basic movement skills in the Athletic Discipline of Javelin by engaging in some skill sessions and demonstrating a basic understanding of feedback, but applies it inconsistently in performance: <i>The student attempts to perform the elements of discus including the correct stance, holding of the Javelin, throwing technique and release, although inconsistencies do exist in the actions.</i>	2	D
Refines and applies limited movement skills in the Athletic Discipline of Javelin with limited engagement in most skill sessions and demonstrating a limited understanding of feedback, applying it inconsistently and requiring frequent encouragement to perform: <i>The student attempts to perform the elements of discus including the correct stance, holding of the Shot Javelin, throwing technique and release, although many skill inconsistencies in action do exist.</i>	1	E
Non attempt	0	N