Year 9 PDHPE Athletics Assessment Task 2023

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| **TOPIC**: Athletics | **MARKS:** /20 |
| **SUBMISSION REQUIREMENTS:**  Practical application during Practical PE Lessons in Week 4 & 5, Term 2 |  |
| **OUTCOMES TO BE ASSESSED:**  **PD5-5 *Appraises*** and justifies choices of actions when solving complex movement challenges  **PD5-11 *Refines*** and ***applies*** movement skills and concepts to compose and perform innovative  movement sequences. | |
| **DIRECTIONAL VERBS**  **Applies**: Use, utilise, employ in a particular situation  **Refines:** Make minor changes so as to improve  **Appraise:** assess the performance | |
| **TASK DESCRIPTION:**  The Athletics Assessment will involve participating in Discus (10 marks) and Long Jump (10 marks). You will be given 2 weeks of practice before being formally assessed. This will be completed in your PE lessons.  You are required to ***refine*** and ***apply*** specialised movement skills of Discus and Long Jump, ***appraising*** performance and applying feedback. You will participate in these 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.  **(10 Marks for each Athletic Discipline)** | |
| **ASSESSMENT CRITERIA:**  You will be assessed on your ability to:   * Demonstrate the correct technique when throwing a Discus - 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. | |

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| **ASSESSMENT MARKING CRITERIA** | | |
| **Discus**  **PD5.5 *Appraises*** and justifies choices of actions when solving complex movement challenges  **PD5.11 *Refines*** and ***applies*** movement skills and concepts to compose and perform innovative movement sequences. | **Mark** | **Grade** |
| ***Refines*** and ***applies*** outstanding movement skills in the Athletic Discipline of Discus by engaging successfully in skill sessions and displaying an in-depth understanding of feedback, applying it successfully to improve performance:  *The student consistently performs the elements of Discus by applying the correct stance, holding of the discus, throwing technique and release.* | 9-10 | A |
| ***Refines*** and ***applies*** thorough movement skills in the Athletic Discipline of Discus by engaging successfully in skill sessions and displaying a thorough understanding of feedback, applying it successfully to improve performance:  *The student consistently performs the elements of discus by applying the correct stance, holding of the Discus, throwing technique and release, although skill actions may be incorrect or incomplete.* | 7-8 | B |
| ***Refines*** and ***applies*** sound movement skills in the Athletic Discipline of Discus by engaging in most skill sessions and displaying a sound understanding of feedback, applying it with some consistency:  *The student performs the elements of discus by applying most of the elements including the stance, holding of the Discus, throwing technique and release, although skill inconsistencies in action do exist.* | 5-6 | C |
| ***Refines*** and ***applies*** basic movement skills in the Athletic Discipline of Discus by engaging in some skill sessions and displaying a basic understanding of feedback, but applies it inconsistently in performance:  *The student attempts to perform the elements of discus including the correct stance, holding of the Discus, throwing technique and release, although inconsistencies do exist in the actions.* | 3-4 | D |
| ***Refines*** and ***applies*** limited movement skills in the Athletic Discipline of Discus with limited engagement in most skill sessions and displaying a limited understanding of feedback, applying it inconsistently and requiring frequent encouragement to perform:  *The student attempts to perform the elements of discus including the correct stance, holding of the Discus, throwing technique and release, although many skill inconsistencies in action do exist.* | 1-2 | E |
| Non attempt | 0 | N |

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| **Long Jump**  **PD5.5 *Appraises*** and justifies choices of actions when solving complex movement challenges  **PD5.11 *Refines*** and ***applies*** movement skills and concepts to compose and perform innovative movement sequences. | **Mark** | **Grade** |
| ***Refines*** and ***applies*** outstanding movement skills in the Athletic Discipline of Long Jump by engaging successfully in skill sessions and displaying an in-depth understanding of feedback, applying it successfully to improve performance:  *The student consistently performs the elements of long Jump by applying the correct run up, take-off and landing.* | 9-10 | A |
| ***Refines*** and ***applies*** thorough movement skills in the Athletic Discipline of Long Jump by engaging successfully in skill sessions and displaying a thorough understanding of feedback, applying it successfully to improve performance:  *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.* | 7-8 | B |
| ***Refines*** and ***applies*** sound movement skills in the Athletic Discipline of Long Jump by engaging in most skill sessions and displaying a sound understanding of feedback, applying it with some consistency:  *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.* | 5-6 | C |
| ***Refines*** and ***applies*** basic movement skills in the Athletic Discipline of Long Jump by engaging in some skill sessions and displaying a basic understanding of feedback, but applies it inconsistently in performance:  *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.* | 3-4 | D |
| ***Refines*** and ***applies*** limited movement skills in the Athletic Discipline of Long Jump with limited engagement in most skill sessions and displaying a limited understanding of feedback, applying it inconsistently and requiring frequent encouragement to perform:  *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.* | 1-2 | E |
| Non attempt | 0 | N |