

Athletics – Field Events

Candidates will be assessed on **one** athletic event only.

| The performance of skills and techniques in isolation/unopposed situations | Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation |
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| <p>Candidates will be assessed on the skills listed below when performed in isolation or unopposed practice, for one of the following field events: The one field event can be selected from:</p> <ul style="list-style-type: none"> • High jump, pole jump, long jump, triple jump, shot putt, javelin, hammer or discus. <p>Jump: high, pole, long, or triple.</p> <ul style="list-style-type: none"> • run up • take off • flight • landing. <p>OR</p> <p>Throw: shot putt, javelin, hammer, or discus.</p> <ul style="list-style-type: none"> • initial stance • grip • preparation • movement • release • recovery. | <p>Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes in for one event to meet the challenges during a conditioned/formal/competitive situation, including using the skills/techniques from isolation/unopposed situations.</p> <p>Candidates should consider and apply the following:</p> <ul style="list-style-type: none"> • select the most appropriate techniques and tactics relevant for their field event • adjust run ups, take offs and/or throwing technique to maximise performance based on feedback and past experience • take account of external factors, e.g. weather, crowd, deciding entry points, starting heights/lengths, techniques • adhering to rules, health and safety guidelines, and considering appropriate risk management strategies |

Assessment criteria for athletics - field events

| Level | Mark | Descriptor | Level | Mark | Descriptor |
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| | 0 | No rewardable evidence | | 0 | No rewardable evidence |
| 1 | 1-2 | <p>Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency, as appropriate to the chosen field event:</p> <p>Jumps</p> <ul style="list-style-type: none"> • Run-up: lacks speed, conviction and rhythm. Ineffective shape and posture. • Take-off: lacks preparation, attack and lift. May take off on wrong foot. • Flight – vertical jumps: poor technique over the bar, may drop hips in Fosbury, may look more like scissors. • Flight – long jump: no idea of hang or other chosen technique in flight, lacks height. • Flight – triple jump: no rhythm or coordination between the hop, step, jump phases, no noticeable step and runs out of speed in the jump. • Landing – vertical jumps: lands on wrong part of the body and facing wrong direction. • Landing – horizontal jumps: no leg shoot, legs may be underneath on landing. Balance is backwards. <p>Throws</p> <ul style="list-style-type: none"> • Initial stance will be ineffective. • Grip: incorrect grip. May use standing throw. • Preparation: may over-prepare, e.g. with discus swings, or show no preparation. • Movement: little or ineffective preparation. <p>Release: incorrect or poor angle and point of release with inaccurate timing.</p> | 1 | 1-5 | <p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little or no precision, control and fluency, as appropriate to the chosen field event, to include the following.</p> <ul style="list-style-type: none"> • Skills and techniques performed ineffectively with little, or no, accurate timing or consistent application. • Consistently ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Limited ability to influence the performance and motivation of self. |

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| 2 | 3-4 | <p>Demonstrates a basic level of technical accuracy, with little precision, control and fluency, as appropriate to the chosen field event:</p> <p>Jumps</p> <ul style="list-style-type: none"> • Run-up: shows some attack on approach and an elementary idea of setting out the run-up. • Run Up – horizontal: shows hesitation before the board, no board awareness. • Take-off: lacks speed and attack. May take-off too close to or too far away from the bar, may hesitate. • Flight – vertical jumps: shows some technique, using Fosbury, but is not used to aid bar clearance. • Flight – long jump: some simple form of technique may emerge. • Flight – triple jump: the three phases may not be well spaced, probably lacking in the step phase. Lacks rhythm. • Landing – vertical jumps: may not land on the correct part of the body and the jump still resembles a scissors jump • Landing – horizontal jumps: lacking in leg shoot. Falls back due to lack of body control and speed. <p>Throws</p> <ul style="list-style-type: none"> • Grip: basic grip for chosen throw. Reasonably effective standing throw. • Preparation: may not get into the correct position, for example 'T' position in shot, straight leg or position of shot in neck. • Movement: e.g. basic turns in discus and hammer. • Release: may finish incorrectly, poor balance. | 2 | 6-10 | <p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency, as appropriate to the chosen field event, to include the following.</p> <ul style="list-style-type: none"> • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Inconsistent and ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Basic influence on the performance and motivation of self. |

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| 3 | 5-6 | <p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency, as appropriate to the chosen field event:</p> <p>Jumps</p> <ul style="list-style-type: none"> • Run-up – vertical: correct shape on approach, tall posture and natural leaning away from the bar, with correct rhythm and/or sprint. • Run-up – horizontal: competent speed on the approach with sufficient sprinting action. • Take-off – vertical: shows some attack. The leading leg shows some drive upwards, assisted by the leading arm. • Take-off – horizontal: shows some attack but may still lack the lift due to lack of technique. Improved board awareness. • Flight – vertical: lay out position (bar clearance) shows increased arch in the back (with hips pushed up). • Flight – long jump: some idea of technique, e.g. the hang, may start to appear, can hold body tall in the air. • Flight – triple jump: may lack rhythm and distribution in phasing (reaches between phases). May run out of speed in the jump. • Landing – vertical jumps: may land on correct part of the body but facing the direction of run-up rather than the bar. • Landing – horizontal jumps: attempts to get the legs forward of the body assisted by more speed. <p>Throws</p> <ul style="list-style-type: none"> • Grip: uses correct grip for chosen event. • Preparation: achieves a better position, e.g. bend of the leg in shot. • Movement: competent travel and trunk position, but may lack speed, e.g. across shot circle. • Release: competent throw but may arrive in the wrong position, e.g. standing up in the shot. May lack drive from the leg. | 3 | 11-15 | <p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to the chosen field event, to include the following.</p> <ul style="list-style-type: none"> • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Some impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, but with many errors. • Sometimes able to influence the performance and motivation of self. |

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| 4 | 7-8 | <p>Demonstrates a good level of technical accuracy, with precision, control and fluency, as appropriate to the chosen field event:</p> <p>Jumps</p> <ul style="list-style-type: none"> • Run-up – vertical: accurate and shows good rhythm with increased speed into the bar. • Run-up – horizontal: fast, powerful approach with good sprinting action, does not slow excessively prior to the board • Take-off: good attack, and correct position in relation to the bar. Keeps body upright when driving up. Transfers speed into attack and lift, good board awareness, drives the free knee forwards and up. • Flight – vertical jumps: leading arm rises high over the bar and flight is controlled. Hips are pushed upwards aiding bar clearance. • Flight – long jump: good technique, holds a good upright posture. • Flight – triple jump: phasing includes step contributing more to the complete jump, shows equal phases with no visible reaching. • Landing – vertical jumps: lands on correct part of the body, correct position on the bed. • Landing – horizontal jumps: leg shoot beginning to appear, landing with soft controlled landing and forward/sideways body momentum. <p>Throws</p> <ul style="list-style-type: none"> • Grip: correct grip appropriate to event. • Preparation: good position, balanced, relaxed and controlled. • Movement: shows some speed and aggression in the run-up, turn or glide/step back. • Release: shows good drive to achieve good angle. | 4 | 16-20 | <p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to the chosen field event, to include the following.</p> <ul style="list-style-type: none"> • Good skills and techniques, with mainly accurate timing and consistency of application, but with errors and misjudgements. • Good but inconsistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with minor errors. • Often able to effectively influence the performance and motivation of self, but with minor misjudgements. |

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| 5 | 9–10 | <p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, as appropriate to the chosen field event:</p> <p>Jumps</p> <ul style="list-style-type: none"> • Run-up – vertical: correct shape, very good rhythm and aggression. Run-up is correctly marked out. • Run-up: horizontal: fast and aggressive, with very good sprinting action. • Take-off – vertical: very good triple extension (of the hip, knee and ankle), the leading leg drives vigorously, assisted by leading arm. Correct position in relation to the bar. • Take-off – horizontal: speed transferred into very good lift, shows triple extension (of the hip, knee and ankle). Consistently good board awareness and accuracy. • Flight – vertical jumps: very good shape in flight, hips pushed up to aid bar clearance, legs raised. • Flight – long jump: good height, correct technique, little forward rotation. • Flight – triple jump: three phases well-spaced with very good use of the arms, thigh lift and drive off the ground, good triple extension. Very good rhythm and clearly defined step phase. • Landing – vertical jumps: lands well on correct part of body and facing back towards the bar. • Landing – horizontal jumps: good leg shoot and sink to complete the jump, body weight travels forward or sideways when landing. <p>Throws</p> <ul style="list-style-type: none"> • Grip: correct grip appropriate to event. • Preparation: correct, well balanced, relaxed and controlled. • Movement: very good rhythm and timing, e.g. slow build-up, fast finish, correct feet movement and placement. • Release: reaches front of the circle in correct delivery position. Throwing arm left behind until the last moment (except hammer), hip driving into powerful release, made at the correct angle. | 5 | 21–25 | <p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to the chosen field event, to include the following:</p> <ul style="list-style-type: none"> • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with few errors. • Consistently able to effectively influence the performance and motivation of self. |