

What Athletics Level am I?

Level 1	
I Can	Give a reason why a warm up is important for Athletics.
I Can	Identify safety points for Athletics.
I Can	Demonstrate few core skills.
I Can	Perform core skills in isolated practices, with some control.
I Can	Identify a strength or weakness in a performance.

Level 2	
I Can	Demonstrate a suitable warm up for Athletics.
I Can	Describe the basic rules of Athletics events.
I Can	Demonstrate some core skills
I Can	Perform core skills in conditioned competitive situations, with some accuracy and control.
I Can	Justify a strength or weakness in a performance.

Level 3	
I Can	Plan a suitable warm up for Athletics.
I Can	Describe the technique of core skills.
I Can	Demonstrate many core skills.
I Can	Perform core skills in competitive situations, with some accuracy and control.
I Can	Describe how to improve a weakness.

Level 4	
I Can	Lead a safe and effective warm up for Cheerleading.
I Can	Officiate basic scoring in a performance.
I Can	Demonstrate most core skills and few advanced skills.
I Can	Perform few advanced skills in isolated practices with some control.
I Can	Evaluate the application of rules or technique in a competitive situation.

Level 5	
I Can	Lead a warm up/ drill to develop specific skills.
I Can	Explain tactics for competitive races and field events.
I Can	Demonstrate some advanced skills.
I Can	Perform advanced skills in conditioned competition, with some accuracy and control.
I Can	Evaluate the impact of tactics within a game.

Level 6	
I Can	Lead a skill drill to stretch and challenge all.
I Can	Explain the technique of advanced skills.
I Can	Demonstrate many advanced skills
I Can	Perform core skills in competitive situations, with good accuracy and control.
I Can	Evaluate the application of advanced skills.

Level 7	
I Can	Lead a session using principles of training.
I Can	Officiate all rules for a run, jump and throw.
I Can	Demonstrate most advanced skills.
I Can	Perform advanced skills in competitive situations, with some accuracy and control.
I Can	Evaluate own and others' performance, suggesting relevant drills to improve weaknesses.

Level 8	
I Can	Adapt and progress sessions using principles of training.
I Can	Analyse tactics used in track and field events.
I Can	Demonstrate all core skills and most advanced skills.
I Can	Perform advanced skills in competitive situations, with good accuracy and control.
I Can	Critically evaluate performance and feedback to have a positive impact.

2x I Can = Level -

3x I Can = Level

4x I Can = Level +

What Athletics Level am I?

SAFETY

Throws

- Use age group appropriate weight and dimensions of equipment.
- Ensure you have a dry grip.
- Carry throwing equipment sensibly with two hands at a walking pace.
- Always walk to collect your implement after throwing.
- Carry javelins in an upright position being very careful with the ends.
- Always carry throwing equipment back to the throwing line - never throw it.
- Do not drop implements on the floor always place them down.
- Only throw from the throwing line. – Check you are stood in the correct place with enough space around you.
- Only throw when instructed to throw.
- Wait behind the throws line and only collect when instructed to.
- Wait for your turn to throw well behind the throws line and concentrate on the thrower until told to move forward.
- Never enter the landing area unless instructed by your teacher.

Jumps

- Only jump when instructed to jump.
- Keep landing areas clear and check the landing area is clear before you begin your jump.
- Take off from the area marked out for you or from the appropriate board.
- In high jump check that the mat extends beyond the uprights and that the cover is on (with the spike mat facing upwards).
- In long and triple the sand should be dug over and raked regularly to avoid compacted sections.
- In long and triple jump check the sand before the lesson for any dangerous objects and ensure there is enough sand to fill the pit so it is level with the runway.
- In long and triple check the pit is suitably raked before you jump.
- Ensure the take off boards are level with the runway.
- Sand pits are only suitable for long and triple jump feet to feet landings.
- Digging and raking equipment should be left at least 3m from the landing area with prongs and sharp edges facing into the ground.

Running

- Keep finishing lines and run off areas clear.
- Stay in your lane.
- Do not use finishing tapes.
- When hurdling use the hurdle height and distance for your ability level.
- Always hurdle in the correct direction with the black lines and feet facing you. The hurdle should be able to topple easily if knocked.

EVALUATION TIME!

WHAT? - Identify a strength and weakness.

WHERE? - be specific, where did it happen in the performance/game/practice?

WHY - is it so good/need to improve?

HOW - could they improve it? Could you offer a demonstration? Can you suggest a practice or drill to help perfect technique?

DON'T FORGET TO USE OUR KEY WORDS!

CORE SKILLS

Running

Standing start

Finishing

Posture

Leg action

Arm action

Head carriage

Jumps

Approach/run up

Synchronisation of arm and leg action

Take off

Flight

Landing

Throws

Initial stance

Grip

Throwing action

Release phase

Recovery phase/ follow through

ADVANCED SKILLS

Running

Advanced skills

Sprint start

Leg action – Foot strike

Cadence

Bend running

Stride pattern/pacing

Hurdling with either leg where relevant

Jumps

Approach – hitting appropriate speed for take off

Efficient transition between technical phases of movements

Flight – appropriate elevation

Landing – movement of body beyond initial point of contact

Throws

Travel – use of cross step/glide where applicable

Rotational throws – at club with throwing cage only.

Release phase – Appropriate angle of release

Efficient transition between technical phases of movements.

KEY TERMS

Speed, endurance, power, reaction time, co-ordination, balance, rotation, angle of release, trajectory, Tony Chin, sprint start, flight, take off, landing.