



Athletics – Track Events – times and distances will not be considered as part of the assessment criteria	Level 1 -Ineffective 1-5 marks	Level 2 – Basic 6-10 marks	Level 3 – Competent 11-15 marks	Level 4 – Good 16-20 marks	Level 5 - Very Good 21-25 marks
Skills and techniques used during the performance of the track events – ABCPRS/technical accuracy – start, during, finish/leg – arm action - obtaining drive using power/speed etc	Skills and techniques performed ineffectively with inaccurate timing and inconsistent application and multiple errors, with misjudgements	Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements.	Skills and techniques used competently with some accurate timing and consistency of application, but with errors.	Good skills and techniques, with mainly accurate timing and consistency of application, but with errors and misjudgements.	Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements.
Adapt chosen techniques to maximise performance based on feedback and past experience- eg able to adjust/use of appropriate starting positions/use of blocks/use of pace judgement/when to accelerate/finishing technique – to gain advantage – should use more advanced techniques to access higher level marks eg standing start up to crouch start in the sprints (Not essential to use blocks in the sprinting events)	Consistently ineffective impact on the preparation for performance, unable to meet a range of simple scenarios	Inconsistent and ineffective impact on the preparation for performance, unable to meet a range of simple scenarios	Some impact on the preparation for performance, able to meet a range of simple scenarios	Good but inconsistent impact on the preparation for performance, able to meet a range of simple scenarios	Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios
Taking into account external factors, such as weather, crowd, competitors in race – ability to deploy appropriate tactics pre- race tactics/where to run/when to lead or follow/when to accelerate to finish – use of simple v complex skills to gain advantage	Consistently ineffective, including the inability to adapt, improvise and deploy appropriate tactics.	Inconsistent and ineffective, including the inability to adapt, improvise and deploy appropriate tactics.	Some impact, including the ability to adapt, improvise and deploy appropriate tactics, but with many errors.	Good but inconsistent, including the ability to adapt, improvise and deploy appropriate tactics, with minor errors.	Very good and consistent impact, including the ability to adapt, improvise and deploy appropriate tactics, with few errors.
Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies – to gain advantage (eg lane selection/overtaking etc)/understanding & application of officials' commands & signals eg at the start of the race	Consistently ineffective	Inconsistent and ineffective	Some ability	Good but inconsistent	Very good and consistent



Ability to influence performance through own motivation eg uses determination, aggression to gain advantage/preparation before the event – leading up to a well-balanced, relaxed and controlled performance.	Limited ability to influence the performance and motivation of self.	Basic influence on the performance and motivation of self.	Sometimes able to influence the performance and motivation of self.	Often able to effectively influence the performance and motivation of self, but with minor misjudgements.	Consistently able to effectively influence the performance and motivation of self.
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