

### SCDP Athletics Assessment

School:	Date:	Assessor:	Class:
Student 1 Name:	Student 2 Name:	Student 3 Name:	Student 4 Name:

	Not demonstrated	Needs improvement	Developing	Good	Very Good	Excellent
	0	1	2	3	4	5
60m boys		>11.5 sec	<11.5sec	<10.5 sec	<10 sec	<9.5 sec
60m girls		> 12 sec	<12 sec	<11 sec	<10.5	<10 sec

#### 60m Sprint - Total 25 Marks

Criteria	Student 1 Mark	Student 2 Mark	Student 3 Mark	Student 4 Mark
Starting position & acceleration				
Running on forefoot				
Arm-leg coordination				
Knee lift & forward drive				
Performance result - <b>Time Mark</b>				
<b>SUBTOTAL /25</b>				

#### Tennis Ball Javelin Throw - Total 25 Marks

<i>Performance</i>	<i>0</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<i>Ball Throw Boys</i>		<20 mtrs	>20mtrs	> 25 mtrs	> 30 mtrs	>35 mtrs
<i>Ball Throw girls</i>		< 15 mtrs	>15 mtrs	>20mtrs	> 25 mtrs	> 30 mtrs

Criteria	Student 1 Mark	Student 2 Mark	Student 3 Mark	Student 4 Mark
Leading foot placement & body alignment				
Throwing arm action & release technique				
Non-throwing arm use & aiming control				
Follow-through & forward momentum				
Performance result <b>Distance Mark</b>				
<b>SUBTOTAL /25</b>				

400m Run – Total 25 Marks

	0	1	2	3	4	5
<i>400m boys</i>		>1 min 30sec	<1 min 30 sec	<1 min 20sec	<1 min 15sec	<1 min 10sec
<i>400m girls</i>		>1 min 40sec	<1 min 40sec	<1 min 30sec	<1 min 25sec	<1 min 20sec

Criteria	Student 1 Mark	Student 2 Mark	Student 3 Mark	Student 4 Mark
Upright posture & technique				
Arm swing efficiency				
Stride length & cadence control				
Pacing & energy distribution				
Performance result <b>Time Mark</b>				
<b>SUBTOTAL /25</b>				

Standing Broad Jump – Total 25 Marks

Performance	0	1	2	3	4	5
<i>SBJ boys</i>		< 1.30mtrs	>1.30 mtrs	>1.50 mtrs	>1.70mtrs	>1.90mtrs
<i>SBJ girls</i>		< 1.10mtrs	> 1.10mtrs	>1.30 mtrs	>1.50 mtrs	>1.70mtrs

Criteria	Student 1 Mark	Student 2 Mark	Student 3 Mark	Student 4 Mark
Starting stance & preparation				
Knee bend & arm swing coordination				
Take-off power & flight phase				
Controlled landing with bent knees				
Performance result <b>Distance Mark</b>				
<b>SUBTOTAL /25</b>				

Final Totals

STUDENT	STUDENT 1	STUDENT 2	STUDENT 3	STUDENT 4	NOTE
<b>SPRINT /25</b>					
<b>THROW /25</b>					
<b>400M /25</b>					
<b>JUMP /25</b>					
<b>TOTAL /100</b>					