

## **PEH Assessment – Athletics assessment**

Your context this term in Forest Whānau has been 'Commonwealth games'.

In PEH, we have explored different sports that are played in the 2022 Commonwealth games. We have displayed positive attitudes towards learning new sports and working together in a team.

We have now come down to our final sport which is the “**Hepathlon**”. For this event we have focused on learning the skills that are required for each Athletics event.

These **Athletics** events include:

- Shot put
- Discus
- Long Jump
- High Jump
- 1500m
- 800m
- 400m
- 200m
- 100m

This assessment will be a practical assessment and you will be required to display technical skills and ability. You will be graded in each Athletics event and get an overall grade.

Your assessment will happen over week 8,9 and 10 of term 3.

	<b>Working Towards</b>	<b>AT</b>	<b>Above</b>	<b>Beyond</b>
<b>Demonstrate consistency and control of movement in a range of situations.</b>	You have practised movement skills	You have developed movement skills	You have demonstrated control of movement skills	You have performed consistent control of movement skills
<b>Develop skills and responsible attitudes in challenging physical situations.</b>	You have participated in a range of activities	You are developing movement skills in challenging situations	You have developed movement skills in challenging situations	You have developed movement skills in challenging situations
<b>Time Management</b>	You have yet to complete and submit your assessment.	You have submitted your assessment late.	You have submitted your assessment by the assessment due date.	You have submitted your assessment by the assessment due date.