

Athletics Throws

<u>Marks</u>	<u>Band</u>	<u>Grade</u>	<u>Range of skills</u>	<u>Quality of skills</u>	<u>Physical Attributes</u>
18-20	D	7-8	<u>All core/nearly all advanced</u>	Core and advanced skills performed consistently with an <u>excellent</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>very effectively.</u>
13-17	C	5-6	<u>All core/many advanced</u>	Core and advanced skills performed consistently with a <u>very good</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>very effectively.</u>
8-12	B	3-4	<u>Most core/some advanced</u>	Core and advanced skills performed consistently with a <u>good</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>effectively.</u>
4-7	A	1-2	<u>Many core/few advanced</u>	Core and advanced skills performed with a <u>limited consistency</u> and some accuracy, control and fluency	Appropriate levels of physical fitness to perform with <u>some effectiveness</u>

<u>Core Skills</u>		<u>Advanced Skills</u>	
Initial stance		Travel:	Release phase:
<input type="checkbox"/> Grip <input type="checkbox"/> Throwing action <input type="checkbox"/> Release phase <input type="checkbox"/> Recovery phase /follow through		<input type="checkbox"/> use of cross step / glide (where applicable) <input type="checkbox"/> rotational throws (where applicable)	<input type="checkbox"/> Appropriate angle of release <input type="checkbox"/> Efficient transition between technical phases of the movements

Decision Making

Pre-event tactics

- Tactics for qualifying throws
- Changing and adapting your throwing tactics:
 - Consideration of weather conditions
 - Check mark adjustments (Javelin only)
- Awareness of the rules and regulations of the event and their application (including officials commands / signals)

<u>Band</u>	<u>Grade</u>	<u>Decision Making Criteria</u>
C/D	5-8	Consistently selects correct choice of action. Consistently uses correct tactics to outwit opponents.
B	3-4	Selects correct choice most of the time. Uses correct tactics most of the time to outwit opponents.
A	1-2	Selects correct choice some of the time. Uses correct tactics some of the time to outwit opponents.