

**ATHLETICS PEER ASSESSMENT AND IMPROVEMENT FORM**

**NAME:**

**CURRENT LEVEL:**

**FINAL LEVEL:**

Level	Criteria	Achieved (please tick)	Targets For Improvement	Re-assessment Achieved
9-10 G & T	RUNNING: Good knee lift			
	Excellent / powerful driving technique			
	Very good bend running			
	Good timing, pace and tactics used in distance races			
	JUMPS: Correct shape and Rhythm			
	Aggression and power at take off			
	Arms drive up and assist flight			
	Excellent flight and shape			
	Correct landing			
	Height and distance travelled are excellent			
	THROWS: Correct grip and stance			
	Balance and controlled execution			
	Movement has clear rhythm			
	Fast finish			
	Correct feet and body movements			
Smooth transition through each phase				
Hips drive and powerful release				
7-8	RUNNING: Good start; pick up & drive			
	Posture is very good throughout most of race			
	Correct position in lanes			
	Excellent judgment and style alongside tactics in distance races			
	JUMPS: Correct shape and Rhythm			
	Aggression and power at take off			
	Arms drive up and assist flight			
	Correct landing			
	Height and distance travelled are good			
	THROWS: Shows speed and aggression in turn, glide and throws			
Good preparation, position and execution				
Good angle and height of release				
Good timing and release				
5-6	RUNNING: Adequate crouch start			
	Stable head with loose body			
	Drive is visual with arms and legs			
	Can judge own pace – but lost near end			
	JUMPS: Correct shape at run up			
	Take - off is with some power			
	Reaches forward when landing			
	Good position in flight			
	Able to set up run up			
	Technique lacks lift			
	Runs out of speed in run up			
	THROWS: Appropriate grip & stance			
	Lacks speed when throwing			
Starts correct, but stands up to throw				
Timing improving				

3-4	RUNNING: Lacks drive from arms & legs		
	Offers wrong hand when changing baton		
	Standing start with some idea of crouched start		
	Shows pace but little tactical awareness		
	Doesn't sprint hard		
	JUMPS: Some height and speed at take off		
	Falls back on landing		
	Adequate position in flight		
	Too close or far away from board or bar		
	Landing is improving		
	THROWS: Simple grip used		
	Not in correct throwing position e.g. bent back		
	Has movements across circle, strip		
	Performs good standing throw		
1-2	RUNNING: Poor starting position		
	Comes up too soon		
	Slows down too early		
	No pace or judgement		
	Tight and negative body position		
	JUMPS: No idea how to set up the run up		
	Slow run up		
	Take off lacks lift and speed		
	No power in legs and drive		
	Lands on wrong area of body		
	No rhythm		
	Flight lacks height		
	THROWS: Poor / wrong grip and stance		
	Uses standing throws		
Poor angle of release			
No speed, power or aggression when releasing and preparing			

Notes :

Signature : \_\_\_\_\_