

ATHLETICS PEER ASSESSMENT AND IMPROVEMENT FORM: THROWS

NAME:

CURRENT LEVEL:

FINAL LEVEL:

Level	Criteria	Achieved (please tick)	Targets For Improvement	Re- assessment Achieved
9-10 G & T	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	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	Appropriate grip & stance			
	Lacks speed when throwing			
	Starts correct, but stands up to throw			
	Timing improving			

3-4	Simple grip used			
	Not in correct throwing position e.g. bent back			
	Has movements across circle, strip			
	Performs good standing throw			
	Good angle of release but poor speed and height			
	Poor balance on release			
1-2	Poor / wrong grip and stance			
	Uses standing throws			
	Poor angle of release			
	No speed, power or aggression when releasing and preparing			

Peer Comment

Signature _____

Pupil Comment

Signature _____