

Name _____
 Date _____
 Period _____
 Teacher _____

Track & Field Skills Assessment



Track & Field Skills Assessment:

Track & Field Skill		Attempts				Instructional Cues	
		1	2	3	Tot		
High Jump							
1	"J" hook approach						
2	Jump off correct foot						
3	Jump with arms up						
4	Arch back						
5	Land on rear/back						
Long Jump							
1	Jump off one foot						
2	Jump off toe board						
3	Extend arms and feet forward						
4	Land on two feet						
5	Land with hands in front						
Shot Put							
1	Start low						
2	Shot put starts on neck/with elbow out						
3	Weight transfer						
4	Finish high (high five)						
5	Push the shot put away						
Discus							
1	Start low						
2	Proper grip (palm down)						
3	Hip rotation						
4	Finish high						
5	Follow through/eyes to the sky						
Distance Events							
1	Ready position						
2	Arms swing forward with stride						
3	Good running posture (running tall)						
4	Pace your run						
5	Finish with a sprint						
Running Events							
1	Ready position (starting blocks)						
2	Set position (starting blocks)						
3	Arms swing forward with stride						
4	Finish with a sprint						
5	100% effort						

	Evaluators	Evaluator's Name
	High Jump	
	Long Jump	
	Shot Put	
	Discus	
	Relay Events	
Running Events		