

Name \_\_\_\_\_  
 Date \_\_\_\_\_  
 Period \_\_\_\_\_  
 Teacher \_\_\_\_\_

# Track & Field Skills Assessment



**Track & Field Skills Assessment:**

Track & Field Skill		Attempts				Instructional Cues	
		1	2	3	Tot		
<b>High Jump</b>							
1	"J" hook approach						
2	Jump off correct foot						
3	Jump with arms up						
4	Arch back						
5	Land on rear/back						
<b>Long Jump</b>							
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						
<b>Shot Put</b>							
1	Low athletic stance						
2	Step back (dominant foot) and tickle the midget						
3	Weight transfer						
4	Slap the giant						
5	Push the shot put away						
<b>Discus</b>							
1	Start low and tickle the midget						
2	Proper grip (palm down)						
3	Hip rotation						
4	Slap the giant						
5	Finish high/eyes to the sky						
<b>Relay Events</b>							
1	Ready position						
2	Accelerate before handoff						
3	Clean baton pass						
4	Pass baton within the exchange zone						
5	Finish with a sprint						
<b>Running Events</b>							
1	Ready position (starting blocks)						
2	Set position (starting blocks)						
3	Arms swing forward with stride						
4	Use appropriate pace						
5	Finish with a sprint						

	<b>Evaluators</b>	<b>Evaluator's Name</b>
	<b>High Jump</b>	
	<b>Long Jump</b>	
	<b>Shot Put</b>	
	<b>Discus</b>	
	<b>Relay Events</b>	
	<b>Running Events</b>	