



**ISM PHYSICAL EDUCATION
TRACK AND FIELD UNIT - 3 Events**

M.PE Demonstrate basic technique in a variety of Track and Field events.
 M.PE.2.7 Identify strengths and weaknesses in own performance
 M.PE.2.8 Observe others and give feedback to improve performance

MALES									
AGE	1*		2*		3*		4*		5*
	D	C-	C	C+	B-	B	B+	A-	A
3 EVENTS									
12	45	55	70	85	100	110	125	135	150
13	65	75	90	105	120	130	145	155	170
14	85	95	110	125	140	155	170	180	195

FEMALES									
AGE	1*		2*		3*		4*		5*
	D	C-	C	C+	B-	B	B+	A-	A
3 EVENTS									
11	25	35	50	60	55	85	100	110	120
12	35	45	60	70	85	95	110	120	135
13	55	65	80	90	105	115	130	140	150
14	75	85	100	110	125	135	145	155	165

NAME:	Attempt			Best Score	Points
	1	2	3		
100m					
200m					
High Jump					
Long Jump					
Shot Put					
Cricket Ball Throw					
12 Min Run					
TOTAL POINTS					
GRADE					