**Ākonga Worksheet**

**My Athletic Identity**

Pre-practice scoring sheet 5 \* award programme

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **1st attempt** | **2nd attempt** | **Best attempt** | **5 \* award score for best attempt** |
| **Long Jump** |  |  |  |  |
| **High Jump** |  |  |  |  |
| **Discus** |  |  |  |  |
| **Shot Put** |  |  |  |  |
| **100 m** |  |  |  |  |
| **400 m** |  |  |  |  |
| **1500m** |  |  |  |  |
| **Total points for best 3 scores** | | | |  |

Use the following continuum to pre-assess your ability in athletics.

Need a lot of help Outstanding



How does your pre-assessed ability affect your motivation to participate and try your best?





**Introduction questions for My athletic identity**

**1. Circle around the level on the continuum that best describes your attitude towards athletics.**

I hate I love

athletics athletics

1\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_5\_\_\_\_\_\_\_\_\_\_\_ 6

#### **2. Identify and rank reasons for your attitude towards athletics for example**

a) not enough/too much media coverage b) not enough/too much competition

c) past success or failure in athletics d) no future/money in athletics

e) not social enough/too social f) too easy/too difficult

g) parents/friends not interested/too interested h) other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Main reason for this attitude | 2nd reason for this attitude | 3rd reason for this attitude | 4th reason for this attitude | 5th reason for this attitude |
|  |  |  |  |  |

**3. Discuss and rank the following social and cultural factors that best describes why you think athletics is taught in this school.**

**Rank**

|  |  |
| --- | --- |
|  | Because it is always taught (tradition). |
|  | 1. Because it covers all the basic skills of running, jumping and throwing. |
|  | 1. Because the school recognises athletics champions. |
|  | 1. Because athletics has a European origin. |
|  | 1. Because it provides individuals with an opportunity to stand out. |
|  | 1. Because it is boring and school is boring. |
|  | 1. Because it allows people to work on their own and demonstrate individual skill. |
|  | Because it is easy to measure how well we do. |
|  | Because the school needs to select a team to compete at the interschool champs. |
|  | 1. Because the teachers are good at athletics and we only do what the teacher wants. |
|  | Because it covers a range of skills, so ākonga are likely to be good at something and succeed. |

**4. Discuss and rank social and cultural factors that best describe why you think your schools runs an athletics day and selects ākonga to represent the school at an interschool competition.**

**Rank**

|  |  |
| --- | --- |
|  | So that ākonga who are good get recognised. |
|  | 1. So that ākonga can have fun. |
|  | So that the school can send its best team. |
|  | Because it is a tradition. |
|  | So that ākonga are proud of their school. |
|  | 1. Because athletics is a great sport. |
|  | So that ākonga have a day out of the classroom. |

## Scoring sheets 5 star award programme

## Individual scoring sheet

## Ākonga name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event** | | best pre-practice score | post-practice  goal | post-practice score | best score | 5 star award points for best score |
|  | |  |  |  |  |  |
|  | |  |  |  |  |  |
|  | |  |  |  |  |  |
| Total 5 Star award points | | | | | |  |
| 5 Star certificate gained | | | | | |  |

Review questions.

1. Circle the number on the following continuum, which describes how well you achieved (physically) during this athletics unit.

I didn’t I am very

achieve pleased with

anything my achievement

1\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_5\_\_\_\_\_\_\_\_\_\_\_ 6

1. Circle the number on the following continuum, to describe your level of effort during this athletics unit.

I didn’t I did the very

try at all best I could

1\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_5\_\_\_\_\_\_\_\_\_\_\_ 6

3. Suggest 2 ways you could improve your athletic performance?

1.



2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. How did your achievements or non-achievements make you feel?Possible feelings may include:

a) personal satisfaction b) annoyance that other ākonga put me down for trying hard

c) joy at reaching a goal d) frustration that I couldn’t do as well as others

e) confidence to try harder in the future f) disappointment in my effort

1

2

3



**5. Having completed the athletics practices and the athletics day your group make recommendations as to how future athletics programmes could be run in this school.**



