



Peer Assessment: **Sprinting Technique**

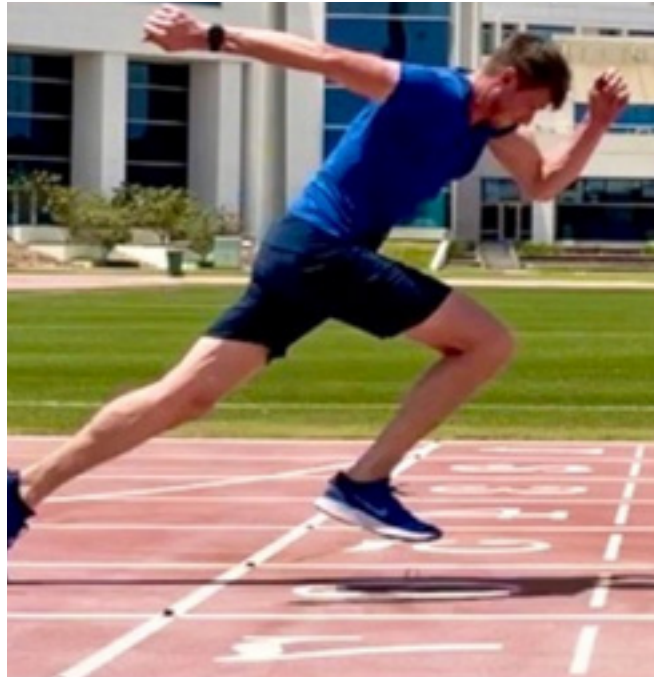
1 Start Position



Tick when complete

- Hands behind the line
- Both knees bent
- Hips above shoulders

2 Acceleration



Tick when complete

- Body stays low
- High knee drive
- Full body push

3 Sprinting



Tick when complete

- Body is straight
- High knee position
- Opposite arms and legs



Peer Assessment: Long Jump Technique



1 Run Up



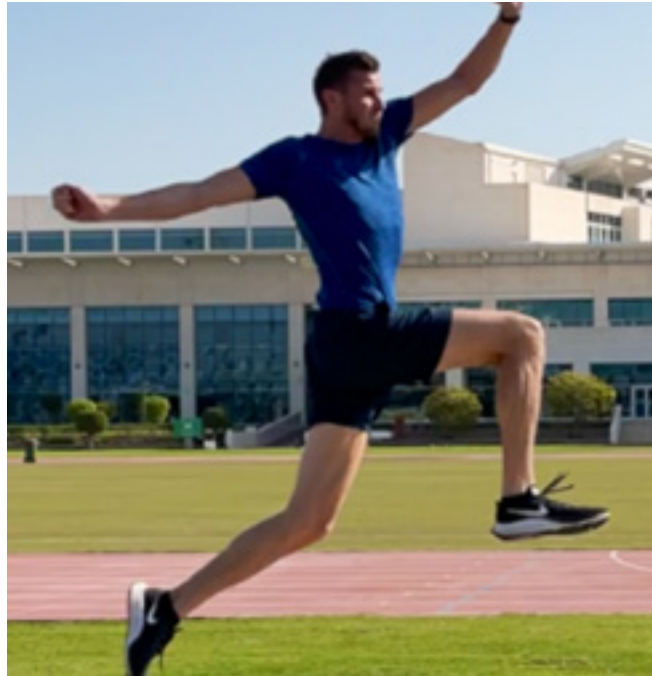
Tick when complete

Tall body position

Knees are high

Running fast

2 Takeoff



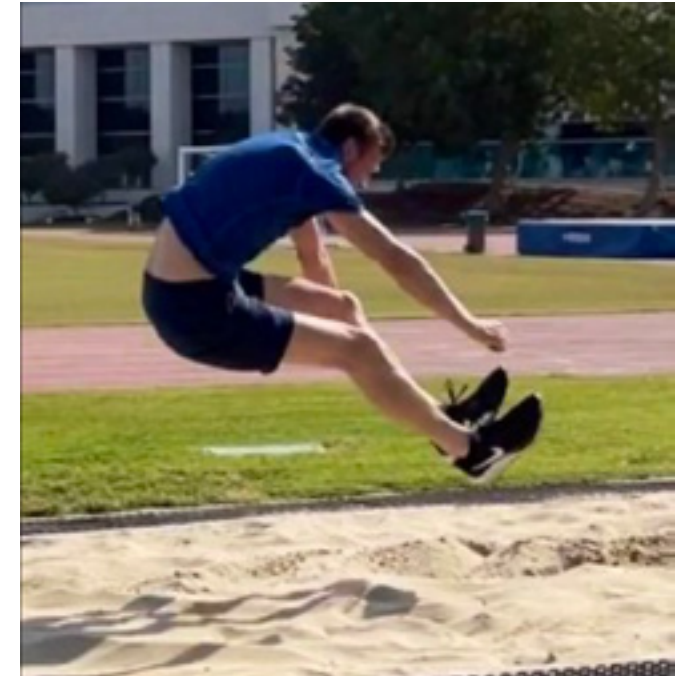
Tick when complete

Body is straight

High knee drive

Opposite arm and leg drive

3 Landing



Tick when complete

2 foot landing

Feet are together

Don't fall backwards



Peer Assessment: Triple Jump Technique

1 Hop



Tick when complete

Land on the same leg

Body is straight

Flat foot landing

2 Step



Tick when complete

Land on the other leg

Body is straight

Knee swings up

3 Jump



Tick when complete

2 foot landing

Feet are together

Don't fall backwards



Peer Assessment: Shot Put Technique



1 Grip



Tick when complete

Shot held by the fingers

Shot touches the neck

Elbow up

2 Start Position



Tick when complete

Bent back leg

Shot over the rear foot

Looking backwards

3 Delivery



Tick when complete

Body is tall

Hips face forwards

Long push with the arm



Peer Assessment: Discus Technique



1 Grip



Tick when complete

Discus held on the fingertips

Fingers wide apart

Arm long and relaxed

2 Start Position



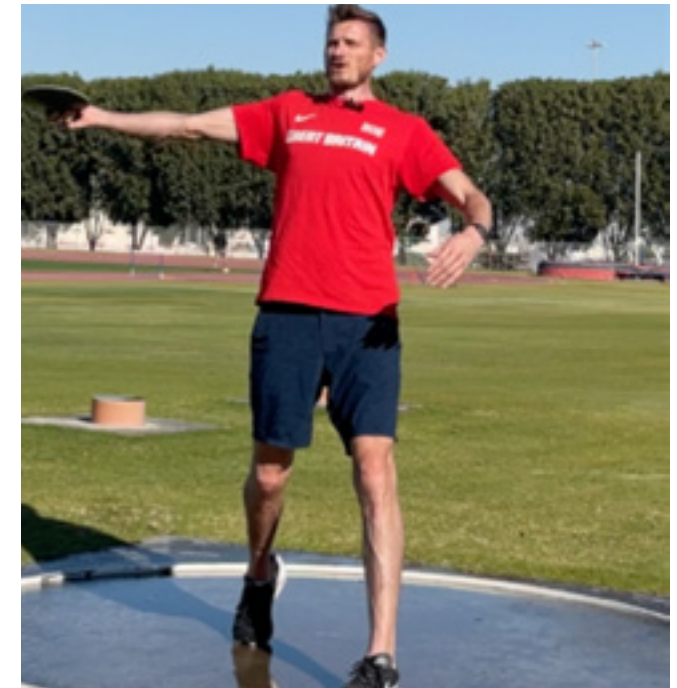
Tick when complete

Bent back leg

Back foot slightly forwards

Discus behind the body

3 Delivery



Tick when complete

Body is tall

Hips face forwards

Throwing arm is high



Peer Assessment: Hurdles Technique



1 Start Position



Tick when complete

Hands behind the line

Both knees bent

Hips above shoulders

2 Hurdling



Tick when complete

Lead leg is straight

Trail leg to the side

Arm and body forwards

3 Sprinting



Tick when complete

Body is upright

3 steps between the hurdles

Fast feet running



Peer Assessment: High Jump Technique

1 Run Up



Tick when complete

- Tall body position
- Knees are high
- Stay close to the curve

2 Takeoff



Tick when complete

- Body is upright
- Straight takeoff leg
- Knee swings upwards

3 Fosbury Flop



Tick when complete

- Turn along the bar
- Back faces the bar
- Lift legs to clear the bar



Peer Assessment: Javelin Technique



1 Start Position



Tick when complete

Wide feet position

Throwing arm straight

Lean backwards

2 Block



Tick when complete

Turn the hips to the front

Body is tall and looking up

Hand above the shoulder

3 Delivery



Tick when complete

Front leg is straight

Point in the direction of the throw

Tip down landing