



# Peer Assessment: Sprinting



## 1 Block Start

## 2 Acceleration

## 3 Sprinting



Hands placed behind the line in a V-shape

Hips higher than shoulders in the set position

Front knee 90 degrees and rear knee 100-130 degrees

Forward lean of the body with the head down

Active foot contacts directly under the hips

Drive of the elbows matches the drive of the legs

Trunk is upright with the head looking forwards

Thigh is parallel to the ground with the toes pulled up

Shoulders relaxed and arms drive opposite to the leg action

**Block Start**

/3

**Acceleration**

/3

**Sprinting**

/3



# Peer Assessment: Long Jump

## 1 Approach

## 2 Takeoff

## 3 Flight and Landing



Forward body lean and a gradual rise with each step

Opposite arm and leg action with shoulders relaxed

Accurate approach which contacts the takeoff board

Full extension of the takeoff leg hip, knee and ankle

Free knee drives through to parallel with the toes pulled up

Trunk is upright with arms counterbalancing leg movement

Trunk pressed forwards with the arms in front of the body

Feet in front of the knees at landing in the sand

Knees bend on landing to avoid falling backwards

**Approach**

/3

**Takeoff**

/3

**Flight and Landing**

/3



# Peer Assessment: Triple Jump



## 1 Hop Phase

## 2 Step Phase

## 3 Jump Phase



Free knee drives through to hip height

Active pulling action of the takeoff leg

Approach speed is maintained into the jump

Takeoff leg cycles to the front to land on the same leg

Free knee swing through to hip height

Full extension of the hip, knee and ankle with the body upright

Arms counterbalance the leg action as a single or double arm swing

Leg extended ahead of the body in preparation for the jump phase

Feet in front of the knees on landing

Hop phase

/3

Step phase

/3

Jump phase

/3



# Peer Assessment: Discus



## 1 Preparation

## 2 Turn

## 3 Delivery



Feet wider than shoulders with toes pointing outwards

Throwing arm swings back at shoulder height

Free arm held in line with the inside of the pivot leg

Pivot foot rotates towards the centre of the centre

Free leg swings wide and low to the centre of the circle

Rear foot lands in the centre and an active contact of the front foot

Hips and shoulder align with the direction of the throw

Body and legs extend vertically to finish in a tall position

Throwing arm pulls across the body at shoulder height

Preparation

/3

Turn

/3

Delivery

/3



# Peer Assessment: Shot Put



## 1 Preparation

## 2 Glide

## 3 Delivery



Shot is held in the neck with the fingers, not the palm

Support leg extends as the rear leg drives towards the stopboard

Hips and free arm rotate to face the direction of the throw

Upper body leans forwards over the supporting leg

Rear foot lands on the ball of the foot with shoulders facing the rear

Legs produce vertical force as the front foot touches down

Flexion of the knee and hip of the non-support leg

Front foot contacts the ground slightly behind the rear foot

Full extension of the throwing arm with the forearm behind the shot

Preparation

 /3

Glide

 /3

Delivery

 /3



# Peer Assessment: Hurdles

## 1 Acceleration

## 2 Hurdle Clearance

## 3 Sprinting



Front knee 90 degrees and rear knee 120 degrees in the start

Lead leg drives to parallel and extends across the hurdle

High hip position and an upright body on landing

8 strides from the sprint start position to the first hurdle

Active forward press of the chest and lead arm

3-stride running pattern between each hurdle

Trunk is upright and hips are high before the first hurdle

Trail leg foot rotates outwards and pulls through to a high knee

Fast and active steps on the ball of the foot

Acceleration

 /3

Hurdle Clearance

 /3

Sprinting

 /3



# Peer Assessment: High Jump



## 1 Approach

## 2 Takeoff

## 3 Bar Clearance



The start of the run is a straight line, perpendicular to the bar

The last 4 steps are run on a curve and linear speed is maintained

Final approach angle is approximately 30 degrees

Last two foot contacts are carried out quickly

Free knee drives upwards and away from the bar

Full body extension with the trunk vertical at takeoff

Athlete rotates away from the bar after takeoff

Arch position created by raising the hips and lowering the head

Hip flexes and both knees extend to clear the bar

**Approach**

/3

**Takeoff**

/3

**Bar Clearance**

/3



# Peer Assessment: Javelin

## 1 Approach

## 2 Cross-Overs

## 3 Delivery



Javelin held at the cord by the thumb and first finger

Javelin held at head height and points forwards

Smooth acceleration with an upright running posture

Throwing arm extends as the shoulders turn sideways

Cross the rear foot ahead of the body and maintain speed

Javelin tip remains close to the head throughout

Flat foot contact of the blocking leg ahead of the body

Chest and hips turn to face the direction of the throw

Javelin pulled through above shoulder height

**Approach**

/3

**Cross-Overs**

/3

**Delivery**

/3