



Performance Assessment: Sprinting

1 Block Start

2 Acceleration

3 Transition

4 Sprinting



Hands placed behind the line in a V-shape

Hip, knee and ankle of the front block extend to align with the trunk

Effort to keep the all body segments in front of the body

Trunk is upright or slightly forwards

Feet are approximately 2 feet and 3 feet from the line

Forward trunk inclination of 45-60 degrees

Hips rise gradually with each step until upright

The foot recovers over the knee

Hips are higher than shoulders and shoulders are over the hands

Rear leg pulled through rapidly to align the shin with the trunk angle

Downward trajectory of the foot to contact under the hips

The thigh is parallel to the ground at toe-off

Front knee slightly greater than 90 degrees

Drive of the elbows matches the action of the legs

Thighs are together when the foot contacts to ground

The foot remains dorsiflexed with toes pulled towards the shin

Rear knee angle is 110-130 degrees

Foot contacts directly under the hips

Chest and head lift to neutral after full hip height is achieved

Upper body is relaxed and the arm action counterbalances the legs

Block Start

 /5

Acceleration

 /5

Transition

 /5

Sprinting

 /5



Performance Assessment: Long Jump

1 Approach

2 Preparation

3 Takeoff

4 Flight



Forward body lean in acceleration

Flat foot contacts of the last two strides

Active pulling action of the takeoff leg

The trunk is upright during flight

Body rises gradually over the first 6-8 steps

Low and flat drive into the board

Full extension of the hip, knee and ankle

Bending and forward swing of the takeoff leg under the hips

Foot contacts are directly under the hips

Takeoff leg is extended ahead of the body

Trunk is upright at takeoff with the head slightly lifted

Trunk presses forwards as the arms and legs align to the front

When the trunk is upright, the thigh is parallel to the ground

Last two foot contacts are carried out quickly

Free knee drives through to hip height

The feet are in front of the knees on landing

Opposite arm and leg action

Speed is maintained into the takeoff

Arms counterbalance the leg action

Knees bend on landing to avoid fallback

Approach /5

Preparation /5

Takeoff /5

Flight /5



Performance Assessment: Triple Jump

1 Approach

2 Hop Phase

3 Step Phase

4 Jump Phase



Forward body lean in acceleration

Full extension of the hip, knee and ankle at takeoff

Active pulling action of the takeoff leg

Active pulling action of the takeoff leg

Body rises gradually over the first 6-8 steps

The lead knee drops to align vertically under the body

Full extension of the hip, knee and ankle of the takeoff leg

Full extension of the hip, knee and ankle of the takeoff leg

Foot contacts are directly under the hips

The takeoff leg recovers over the knee

Free knee swings through to hip height

Free knee swings through to hip height

Shortening of the final four strides in preparation for takeoff

Takeoff leg extends ahead of the body in preparation for the step

Takeoff leg extends ahead of the body in preparation for the jump

The trunk presses forwards as the arms and legs align to the front

The trunk is upright at touchdown onto the takeoff board

Arms counterbalance the legs as a single or double arm swing

Arms counterbalance the legs as a single or double arm swing

Feet are ahead of the knees on landing and knees bend on contact

Approach

 /5

Hop Phase

 /5

Step Phase

 /5

Jump Phase

 /5



Performance Assessment: Discus

1 Preparation

2 The Turn

3 Power Position

4 Delivery



Feet slightly wider than shoulders with the feet turned outwards

Pivot foot rotates until it faces the centre of the circle

Rear foot lands on the ball of the foot in the centre of the circle

Rear foot, hips and shoulders align with the direction of the throw

Throwing arm swings back behind the body at shoulder height

Free arm extended at shoulder height with the discus held back

Pivot leg foot lifts to knee height

Active and wide opening of the free arm

Pivot foot turns outwards to initiate the throw

Wide and low swing of the free leg

Active turn of the lower body with a constant rear knee angle

Body and legs extend vertically

Free arm is held inside the thigh of the pivot foot

Low drive off the ball of the pivot leg towards the centre of the circle

Active flat foot contact of the front foot

Free arm pulled close to the body to create a block

Weight shifts to the pivot foot with a slight forward trunk inclination

Swing leg knee drives upwards and across the body

Slight forward lean of the trunk with the discus held back

Throwing arm pulls across the body to release

Preparation /5

The Turn /5

Power Position /5

Delivery /5



Performance Assessment: Shot Put

1 Preparation

2 Glide

3 Power Position

4 Delivery



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

Glide is initiated through the extension of the support leg

Rear foot lands on the ball of the foot directly under the hip

Hips and shoulders align to face the direction of the throw

Upper body leans forwards over the supporting leg

Extension of the non-support leg directly towards the stop-board

Front foot contacts the ground slightly after the rear foot

The front leg braces by pushing in the opposite direction to the throw

Free arm is kept long and relaxed

Body rises throughout the glide as the trunk moves upwards

Front foot lands slightly behind the rear foot to create a split stance

The forearm of the throwing arm is kept directly behind the shot

Flexion of the free leg hip and knee under the body

Shoulders face the rear until the rear foot touches down

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

Complete extension of the throwing arm and wrist

Controlled and balanced drop into a low position to initiate the glide

Free arm remains long and relaxed towards the rear of the circle

Rear leg produces vertical force after touchdown

Exchange of the front and rear foot to stay in the circle

Preparation

 /5

Glide

 /5

Power Position

 /5

Delivery

 /5



Performance Assessment: Hurdles

1 Acceleration

2 Preparation

3 Clearance

4 Sprinting



Hands placed behind the line in a V-shape

Feet are approximately 2 feet and 3 feet behind the starting line

Foot contacts are directly under the hips

The trunk is upright in the final 2-3 steps before the first hurdle

8-stride pattern to the first hurdle

Acceleration

 /5

Active shortening of the final stride into the hurdle

Final foot contact is on the ball of the foot, 2m from the hurdle

Lead knee drives to parallel

Takeoff leg actively pushes across the hurdle

Active forward press of the chest and lead arm

Preparation

 /5

Lead knee extends across the hurdle

Trail leg foot rotates outwards and is pulled upwards and forwards

Lead leg steps down as the trail leg pulls through to a high knee

Lead arm bends and is pulled around the trail leg

Trunk regains an upright position as the trail leg clears the hurdle

Clearance

 /5

High hip position and an upright posture on landing

Active downward step of the trail leg off the hurdle

Fast and active foot contacts on the ball of the foot

Slight forward lean of the trunk throughout to maintain momentum

3-stride hurdling pattern with a shortening of the final step

Sprinting

 /5



Performance Assessment: High Jump

1 Approach

2 Curve Running

3 Takeoff

4 Bar Clearance



The start of the run is in a straight line towards the bar

Curve is initiated with the outside leg

Final two contacts are carried out quickly

Athlete rotates away from the bar during the ascent

Athlete runs with long and relaxed strides

Linear approach speed is maintained

Active ground contact of the takeoff foot ahead of the body

Arch position is achieved with the left and right hip level

Stride length and running speed increase with each step

Inward lean with foot contacts in line with the centre of mass

Both arms and the free knee drive up and away from the bar

Hips are raised by lowering the head and legs

Opposite arm and leg movement

Final approach angle of 30 degrees to the bar

Full hip, knee and ankle extension of the takeoff leg

The high point of the arch is directly above the bar

Stiffness in foot contacts to maintain an upright posture

Hips are lowered in the final 2-3 steps

Trunk is vertical at takeoff

Hip flexes and both knees extend to clear the bar

Approach

 /5

Curve Running

 /5

Takeoff

 /5

Bar Clearance

 /5



Performance Assessment: Javelin

1 Approach

2 Cross-Overs

3 Impulse

4 Delivery



Javelin held at the cord by the thumb and first finger

Shoulders turn in line with the direction of the throw

Exaggerated and flat push-off and forward swing of the free leg

Chest and hips turn towards the direction of the throw

Upright running posture with high knees

Smooth backwards glide of the javelin

Throwing hand rotated inwards

Free arm pulled into the body as the trunk deviates to the side

Javelin held static at head height

Feet point in the direction of the throw

Rear leg lands on the ball of the foot facing the throwing direction

Javelin pulled through above shoulder height

Javelin tip points towards the direction of the throw

Active pulling action of the front foot under the body

Active flat-foot contact of the blocking leg ahead of the body

Javelin released from over the front foot

Smoothly accelerating approach

Free arm is synchronous with the leg action

Javelin tip remains close to the head

Reverse over the front leg for recovery

Approach

 /5

Cross-Overs

 /5

Impulse

 /5

Delivery

 /5