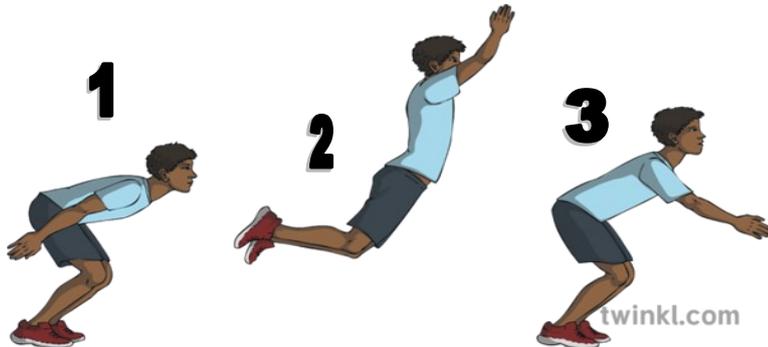


Jumping - standing long jump



1. Weight shifts forwards and arms swing back
2. Hips and knees extend as you propel your weight forwards through the air
3. Heels pressing into floor for a stable, shock absorbing landing and arms out in front to help with balance.

Sprinting

Sprinting can be demonstrated with a ready start—waiting for the G of the GO.

Arms should be used in coordination with the legs and children should be encouraged to travel in a straight line.



A dip finish should be demonstrated over the finish line with the head

1. This position should be in the direction you wish to throw the ball/javelin. If you are right handed, this should be to your left and vice versa.
2. The body should then twist to face the direction you aim to throw.
3. The ball/javelin stays close to the face as you bring the arm through until it is released.

Hurdles



Children will be able to jump over low and medium sized hurdles. Children should jump over the hurdle with their strongest leg leading, let them explore this jumping over a single hurdle first.

Throwing for distance

Children can demonstrate a standing overarm throw for distance, using a sideways position.

