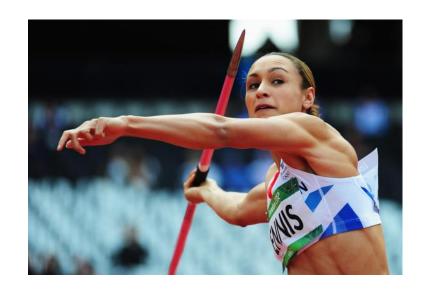
Athletics Throw

Component of Fitness (F)				
1	Maximal Strength			
2	Coordination			
3	Flexibility			
4	Dynamic Strength			
5	Muscular Endurance			
6	Balance			
7	Explosive Strength			
8	Power			
9	Speed			
10	Cardiovascular Endurance			
11	Agility			
12	Reaction Time			
13	Static Strength			



Skills (S)							
Discus Javelin		Javelin	Shot Putt				
1	Demonstrate correct grip	10	Demonstrate correct grip	21	Demonstrate correct grip		
2	Standing throw: Chin, knee, toe	11	Standing throw: Chin, knee,	22	Standing throw: Chin, knee,		
			toe		toe		
3	Drive low to high	12	Drive low to high	23	Drive low to high		
4	Angle of release	13	Angle of release	24	Angle of release		
5	Arm is fast and last	14	Arm is fast and last	25	Arm is fast and last		
6	Release: off index finger	15	Start throw with a straight arm	26	Push not throw		
7	Release: Knuckles facing the sky	16	Bend arm as you throw	27	Elbow high		
8	Release: Discus flat and	17	Hand is high during throw	28	Glide across the circle		
	spinning						
9	Spin: speed in the circle	18	Wrist flexes on release	29	Maintain low body position		
					when gliding		
		19	Follow through on release				
		20	Include run up				

Tactics (T)					
1	Make sure first throw is a legal throw and is recorded.				
2	Focusing 2 nd or 3 rd throws on distance (adding spins, gliding and run up)				
3	Selecting the correct type of throw (Standing, run up, glide etc)				
4	Knowledge of rules (Exit out of the circle)				