

## Shot Put Reference Sheet

**Level One** Athlete can hold the shot in the correct position with limited guidance and pushes (not throw) the shot.



**Level Two** Athlete shows Level One technique and transfers weight from back leg to front leg during throw.



**Level Three** Athlete shows Level 2 technique and achieves approximately 45° angle put which lands in sector.



## Discus Reference Sheet

**Level One** Athlete can hold the discus in the correct position with limited guidance and throws the discus forwards.



**Level Two** Athlete shows Level One technique and transfers weight from back leg to front leg during throw.

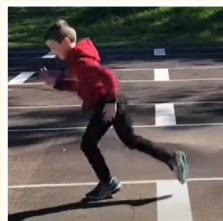


**Level Three** Athlete shows Level 2 technique and achieves approximately 45° angle throw which lands in sector.

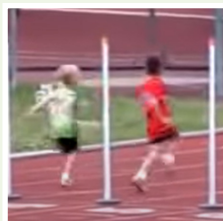
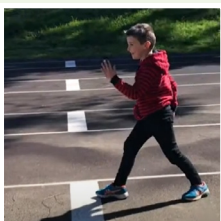


## Running Reference Sheet

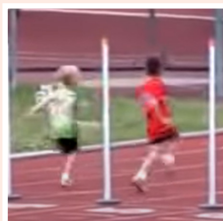
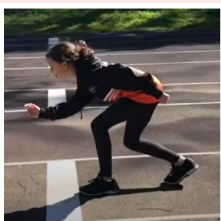
**Level One** Athlete stands in the correct starting position with minimal guidance. Athlete looks straight ahead and only turns head sideways once following start of race. Athlete completes 200m without walking and displays a positive attitude.



**Level Two** Athlete stands in the correct starting position with no guidance. Athlete shows level one technique and runs through the gates only slowing 2-3 metres after. Athlete can complete 300m without walking and displays a positive attitude.

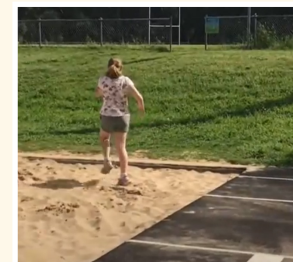


**Level Three** Athlete stands in the correct starting position with bent knees and weight over the front foot, staying still until the gun is fired. Athlete looks straight ahead for the full race and only slows 2-3 metres after the gates. Athlete completes 300m without walking and show an extra burst for the final 20m.



## Long Jump Reference Sheet

**Level One** Athlete looks straight ahead and jumps into the sand. Athlete walks forwards out of the landing.



**Level Two** Athlete shows Level one technique and takes off on one foot and lands on two.



**Level Three** Athlete shows Level 2 technique and launches arms and legs into the air, reaching forward.

