

Form 1 Term 2

Track and field (throws, jump, sprint)

Shot put

- The hold.
- The stance
- The power position
- Release

Discus throws

- The hold
- The stance
- The power position
- Release

Long jump

- Approach
- Take off
- Flight
- Landing

Sprint events (100,200,400)

- Crouch start
- Finish technique
- Running the bend

Triple jump

- Approach
- Take off
- Flight
- Landing