

## **Form 3 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