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| Teacher: Block: Date: Page: |
| Javelin Throw – Teacher Checklist |
| **Marking scale**http://www.clker.com/cliparts/s/1/v/q/p/N/black-check-mark-hi.pngCue is present all of the timehttp://upload.wikimedia.org/wikipedia/en/f/f5/Question_mark.PNGCue is present some of the timehttp://www.iconsdb.com/icons/download/black/x-mark-512.pngCue is not present | Approach1. Arm ***extended*** behind shoulder, javelin at ***shoulder height***2. ***Cross step*** (L-R [in front]-L if right handed)3. ***Plant L foot*** with long stride | Release1. ***Shoulders*** ***rotate*** in direction of throw, ***hips rotate*** fast2. ***Elbow to ear***, javelin above head height3. ***Extend arm*** ahead of body, ***release*** javelin at upwards angle | Follow-through1. Throwing ***arm crosses the body***2. ***Right leg follows through*** to catch thrower3. Momentum is halted, ***body stops*** |
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