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| Javelin Throw – Teacher Checklist | | | | | | | | | | | | | |
| **Marking scale**  http://www.clker.com/cliparts/s/1/v/q/p/N/black-check-mark-hi.png  Cue is present all of the time  http://upload.wikimedia.org/wikipedia/en/f/f5/Question_mark.PNG  Cue is present some of the time  http://www.iconsdb.com/icons/download/black/x-mark-512.png  Cue is not present | | Approach  1. 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 | | | | Release  1. ***Shoulders*** ***rotate*** in direction of throw, ***hips rotate*** fast  2. ***Elbow to ear***, javelin above head height  3. ***Extend arm*** ahead of body, ***release*** javelin at upwards angle | | | | Follow-through  1. Throwing ***arm crosses the body***  2. ***Right leg follows through*** to catch thrower  3. Momentum is halted, ***body stops*** | | | |
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